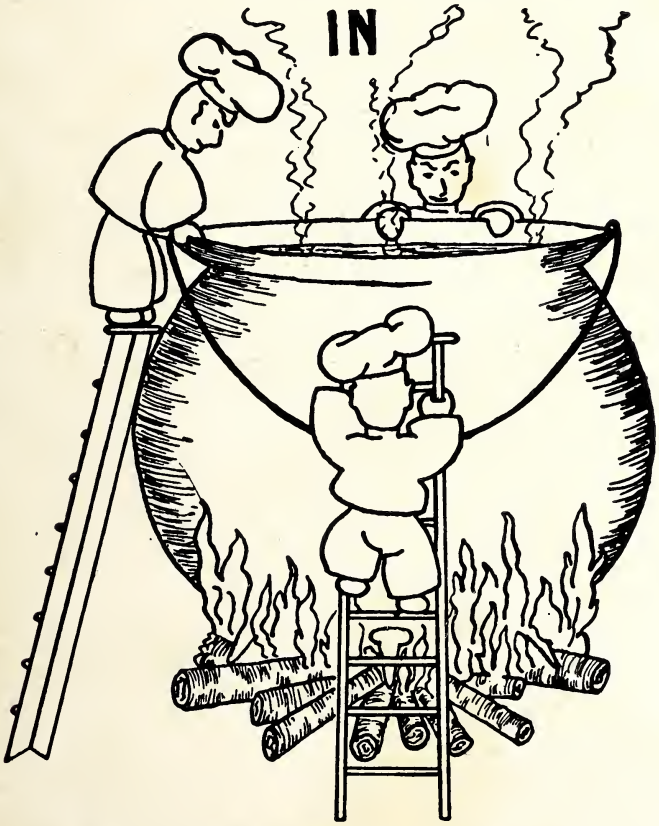
WHAT'S COOKIN'?

IN



McADENVILLE, N. C.

Compiled by

THE FRIENDS and MEMBERS of
McADENVILLE METHODIST CHURCH

Digitized by the Internet Archive
in 2014

https://archive.org/details/whatscookininmca00mcad

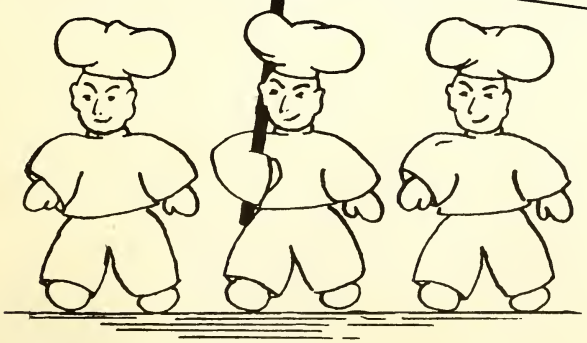
GASTON COUNTY
PUBLIC LIBRARY

Expression of Appreciation

Our organization, the compilers and sponsors of this Cook Book, do here publicly thank and express our appreciation to the owners and proprietors of the business firms whose splendid and generous cooperation has made possible its publication and wide distribution by our organization.

We also wish to express our appreciation to all those who furnished recipes, assisted in the sale of advertising or in any other way contributed to the publication of this book.

THE SPONSORS



Copyright

1959

Bev-Ron Publishing Co

Kansas City, Mo.

All rights reserved.

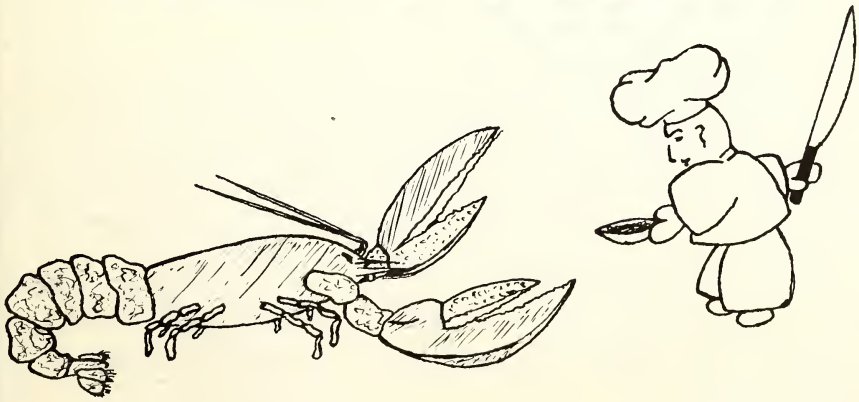
Art Work By

Eric Girard

HORS D'OEUVRES

PICKLES

RELISHES



BEAUTY HINTS

BY JULIAN

Nationally known Director of the
Julian Institute of Beauty in Kansas City, Mo.

Lemon and vinegar are good final rinses for the hair but blondes and persons with lighter colored hair should avoid vinegar as it sometimes darkens light hair.

If you get tired of shaving and other methods of removing hair from legs and arms try bleaching them as this causes them to be much less noticeable.

A simple formula for making a hair remover is to mix equal parts of starch and barium sulphide with water to make a smooth paste.

To avoid wrinkles get as much rest and sleep as possible--avoid worrying--try to keep your facial muscles under control--avoid excessive frowning, squinting and other habits which may tend to form wrinkles. A well lighted home will help to avoid squinting. Massage wrinkles with a rotary and upward motion followed by a good astringent.

REMOVAL OF SMALL WARTS

Small warts may be safely removed by covering them tightly with a bandage which has been saturated in vinegar. The bandage should be left on overnight. The acetic acid in the vinegar eats into the outer layer of the wart and the dead tissue thus created will wear off during the activity of the following day. A small wart may usually be removed in this way in a week or ten days. WARNING: Warts should never be burned off with stronger acids except under the care of a physician.

CUCUMBER RINGS

Mrs. John Gowens

1 peck unwashed cucumbers
1 c. salt
1 gallon water
1 c. slack lime
1/2 box mixed pickling spice
1 c. vinegar to 1 c. sugar

Pack cucumbers in a crock, cover with 1 gallon water. Soak one week. Then wash thoroughly and cut in rings. Soak in one gallon of water to which has been added 1 cup slack lime. Soak for 2 or 3 hours. Wash thoroughly. Make a syrup of 1/2 box of spice and sufficient sugar and vinegar using cup for cup to cover cucumber rings and soak overnight. Next morning pour off syrup and boil ten minutes then pour back on pickles and let stand two hours. Put all on and boil ten or fifteen minutes. Pack in jars and seal.

GREEN TOMATO PICKLES

Mrs. Bertie Keener

1 peck green tomatoes
1 c. hot green peppers, cut up
1 1/2 c. sugar
1 qt. vinegar
1 c. salt and mixed spices

Slice tomatoes then sprinkle on salt. Let stand overnight. Mix vinegar, sugar, spices, and peppers; and heat. Squeeze tomatoes out of salt and put in vinegar mixture. Let come to good boil and seal in jars.

PEPPER RELISH

Mrs. Leslie Thompson

12 red sweet peppers
12 green sweet peppers
1 pod hot pepper
9 onions
1 c. sugar
1 Tbsp. salt
2 c. vinegar
1 Tbsp. mixed spices

Chop peppers and onions. Cover with boiling water. Let stand five minutes. Drain. Cover again with boiling water. Let stand ten minutes. Drain. Add other ingredients. (Tie spices in bag.) Cook 15 minutes. Pack into hot jars and seal at once.

CHOW-CHOW

Mrs. Ellis S. Dellinger

1 big head cabbage
1/2 gal. green tomatoes
5 green sweet peppers
5 red sweet peppers
6 big onions
1 Tbsp. white mustard seed
1 Tbsp. cloves
1 Tbsp. allspice

CHOW-CHOW (Continued)

Grind cabbage, onions, pepper, drain the green juice of the tomatoes and geeen pepper. Put all together in kettle, put spices in a cloth bag. Mix all together, just cover with vinegar, then add sugar to taste, salt and hot peppers (about 3 or 4 pods). Cook, stirring frequently about 20 minutes.

SWEET PICKLES — Mrs. Walter Roberts

Cucumbers
3 c. vinegar
1 c. water
1 c. sugar
1 tsp. cloves

Bring vinegar, water, sugar and cloves to a boil. Boil for about 5 minutes. Pour over cucumbers that have been washed, dried, quartered and placed in jars. Seal. Chill before serving.

BREAD AND BUTTER PICKLES — Mrs. Bill Costner

6 onions
6 qt. sliced cucumbers
1 c. salt
1 1/2 qt. vinegar
6 c. sugar
1/3 c. mustard seed
1 1/2 tsp. celery seed
1/4 tsp. cayenne

Slice onions. Combine with cucumbers and salt. Let stand for 3 hours. Drain, combine vinegar, sugar, mustard and celery seed and cayenne. Bring to boil. Boil for 5 minutes. Add cucumbers and onions. Heat to simmering point. Pack into 8 hot sterilized pint jars. Fill to top and fasten at once.

Write an Extra Recipe Here:

SOUPS
SALADS
VEGETABLES

HOUSEHOLD HINTS

When using walnuts in a salad--add just before serving. This will insure crispness and prevent discoloration.

A tomato may be peeled quickly by spearing with a long handled fork and turning constantly over medium heat for a minute or two till the skin breaks. Cool under cold water and peel.

A lightning fast salad dressing can be made by blending 2 tablespoons of tomato paste with 6 tablespoons of mayonnaise. Season with grated onion, a dash of chili powder and a few drops of tabasco sauce. Very good with meat or fish salads.

A jellied salad may be easily unmolded by first brushing the inside of the mold with salad oil. When ready to serve run a sharp pointed knife around top edge of the mold and invert on a plate.

All of the white skin lining on an orange will come off with the peel if the orange is soaked in boiling water for about 5 minutes before peeling.

Box crackers will keep fresher and crisper if stored in the pots and pans drawer of your stove.

A quick way to remove fruit or vegetable stains from the hands is to rub them with lemon juice.

Kid gloves may be kept clean much longer if rubbed gently and firmly with bread crumbs with each wearing. An Art Gum eraser may also be used for this purpose.

COCA COLA SALAD

Lorene Moore

1 pkg. cherry jello
1 pkg. strawberry jello
1 large pkg. cream cheese
1 small bottle maraschino cherries
1 med. can pineapple (crushed)
1/2 c. pecans
2 Cokes

Take juice of cherries and pineapple, add water to make 1 cup, bring to boil, pour over jello to dissolve, add cream cheese and dissolve. Add fruit and nuts and mix well, then add 2 Cokes and congeal.

COLE SLAW DRESSING

Mrs. Charles Lee Adcock

1 egg
1/2 c. water
Salt to taste
1/2 c. vinegar
1 tsp. sugar
1 tsp. flour

Mix egg, vinegar, sugar, flour and water and cook until mixture thickens. Cool before pouring over grated cabbage to which has been added 1 small onion.

CRANBERRY SALAD

Mrs. J. B. Lail

2 cherry jello
2 oranges
2 c. hot water
1 can (whole) cranberries
1 large can crushed pineapple
1 c. nuts (cut up)

Dissolve jello in the hot water, mix other ingredients together and place in refrigerator.

GOLDEN GLOW SALAD

Mrs. Dwight Dellinger

2 pkg. lemon flavored gelatin
1 tsp. salt
3 c. hot water
1 1/3 c. drained crushed pineapple
2/3 c. pineapple juice
2 Tbsp. lemon juice or vinegar
2 c. grated raw carrots
2/3 c. chopped pecans

Dissolve gelatin and salt in hot water. Add pineapple and juice, and lemon juice. Chill until slightly thickened. Then fold in carrots and nuts. Pour into 2 quart mold, or into individual molds, and chill until firm. Makes 12 servings.

GREEN SALAD

Mrs. Blanche Abernathy

1 pkg. lime jello
1 c. fine diced celery
1 pkg. cream cheese (3 oz.)
1 small can crushed pineapple
1/2 c. pecans, chopped fine

Pour 1 1/2 cups boiling water over jello, let cool to lukewarm and put in cream cheese, mix together. Add pineapple, celery and nuts. Put in refrigerator and let cool.

HAM AND POTATO SALAD

Mrs. Omar Wright

1 c. diced cooked ham
2 c. diced cooked potatoes
1 c. diced celery
3 hard cooked eggs, chopped
1/2 c. mayonnaise
1/4 c. mustard
Salt and pepper to taste
1 small onion if preferred

Mix mayonnaise and mustard together and combine other ingredients. Serves 8.

VEGETABLE SALAD

Mrs. Omar Wright

1 c. diced celery
1 c. grated carrots
1 c. crushed pineapple
2 c. water
1 c. chopped nuts
1 pkg. cherry jello
1 env. plain gelatin

Mix all ingredients. Put into refrigerator and chill.

PINEAPPLE CHEESE SALAD

Mrs. Carl Glenn

Heat:
1 can crushed pineapple
Juice of 1 lemon
1 c. sugar

Then dissolve 2 envelopes of Knox gelatin in 1/2 cup cold water for 10 minutes. Add to the heated mixture and cool. Add 1 cup grated cheese and 1 cup whipped cream. Chill.

YALE BEETS

Louise G. Robinette

1 No. 2 can diced beets
1/4 c. sugar
2 Tbsp. flour
2 Tbsp. melted butter or margarine
1/2 tsp. salt
1/2 c. orange juice
1 Tbsp. lemon juice

YALE BEETS (Continued)

Drain beets and place in 1 quart casserole. Mix dry ingredients together and blend with fruit juices and butter. Pour over drained beets, cover and bake.

SWEET POTATOES NUT BURGUS Mrs. Ruth Robinson

2 c. cooked mashed sweet potatoes
1/2 c. chopped nuts (or grated coconut) *
1/4 c. brown and white sugar mixed
1 c. finely ground nuts (or coconut)
1/4 c. butter
1 Tbsp. orange juice
1/2 tsp. cinnamon

Mix the potatoes, butter, chopped nuts, sugar, cinnamon and orange juice together. Shape into patties. Roll this into ground nuts. Place on greased baking dish and dot with butter. Bake in 400 degree oven until nuts are brown.

*When using coconut use large marshmallow in center of patties.

GRATED RAW SWEET POTATO PUDDING
Mrs. Labe Abernathy, Jr.

2 c. grated raw sweet potatoes
1 c. sugar
2 tsp. vanilla
1/4 lb. butter or oleo
2 eggs
Pinch salt
1 1/2 c. rich milk

Beat eggs and sugar together until lemon color. Add milk, melted butter, vanilla, salt and grated sweet potatoes. Bake in buttered baking dish in 375 degree oven about 25 minutes. Serves 6 to 8.

BELGIAN POTATOES Mrs. K. R. Gaither

1 qt. thinly sliced Irish potatoes
1/4 c. butter, melted
1 tsp. salt
1 tsp. salt
1/8 tsp. paprika
1 Tbsp. lemon juice

Put the potatoes into a baking dish. Pour over them half the melted butter to which the seasonings have been added. Bake in a hot oven until potatoes are half cooked. Stir lightly, add remainder of butter mixture, and continue to bake until potatoes are tender and the edges are

BELGIAN POTATOES (Continued)

brown and crisp. Serves 6.

SWEET POTATO PUDDING Mrs. K. R. Gaither

3 c. grated raw sweet potatoes
1/2 c. sugar
1/2 c. maple syrup
1 c. milk
2 Tbsp. butter, melted
1/2 c. chopped nuts
1/2 tsp. salt
2 eggs, well beaten
1 tsp. nutmeg

Combine sweet potatoes, sugar, maple syrup, milk, nutmeg, butter, nuts and salt. Add eggs and pour into buttered shallow pan. Bake in a moderately hot oven (375 degrees) 50 to 60 minutes. Serves 6.

Write Extra Recipes Here:

MEAT
FISH
POULTRY

HOUSEHOLD HINTS

To eliminate cabbage odor from cooking cabbage drop a whole walnut into the boiling water.

To keep vegetables, spaghetti, macaroni or rice from boiling over rub a small piece of butter around the edge of the pan.

You can give extra gloss to linoleum by adding a little clothes starch to the mop water.

Pick up tiny pieces of broken glass with a wad of damp cotton or tissue.

To keep lard from spattering while frying sprinkle in a little salt.

Tough meat can be tenderized without affecting flavor by the addition of several drops of vinegar while cooking.

Salt may be kept dry by placing the shaker over the pilot light on a gas range or by placing on the burner of an electric stove shortly after current has been turned off.

String beans will be easier to string if crisped in the refrigerator a few hours before stringing.

Protect your curtains in the washing machine by first placing them in a pillow slip.

Colored cotton fabrics, which have been soaked overnight in strong salt water, will not fade.

Onion odor may be removed from the hands by rubbing the hands with damp salt.

CRISP SLAW

1½ lbs. chopped green cabbage

1 onion "

1 green bell pepper chopped

1 red " " " or (can use small can of perminto)

Make a syrup of: 1 cup vinegar

1 cup sugar

1 cup water

1 teaspoon mustard seed

1 ts. salt

Bring this to a boil and than let cool. Place all in ½ gallon jar with lid on and keep in refregiator till used up.

If desire, may hadd pod of hot pepper and teaspoon of celery seed.

EDGCOMB STEEL

STEEL COMPANY

527 ATANDO AVENUE
CHARLOTTE 6, N. C.
FRanklin 5-3361

SALES OFFICES—GREENSBORO, N. C., TEL: BROADWAY 3-3430
GREENVILLE, S. C., TEL: GREENVILLE 5-6391

2 layers quilt &
fabrics - oval or round -
stitch 3/4 way around
turn & top-stitch - add
braid or binding?
Make pillow case place snap
& insert backrest for heat
resistance

ALUMINUM - Sheets, Bars, Tubing, Fastenings
WAREHOUSES—PHILADELPHIA, YORK, PA. AND CHARLOTTE,

BARBECUE RIBS

Mrs. Charles E. Rankin

1 small onion, chopped
2 Tbsp. butter or margarine
1 tsp. salt
1 tsp. chili powder
1/2 tsp. celery salt
1 can (8 oz.) tomato sauce or tomato soup
2 Tbsp. brown sugar
3 Tbsp. vinegar
2 Tbsp. Worcestershire
1/2 c. catsup
1 c. water
Dash Tabasco

Cook onions in butter, add remaining ingredients then pour over ribs, cook until meat is tender about 2 hours.

CARROT AND CELERY DRESSING

Mrs. Barbara Abernathy

3 c. white bread crumbs
1 c. corn bread crumbs
1/8 tsp. nutmeg
1 tsp. salt
1/2 tsp. black pepper
3/4 c. fine diced celery
1/2 c. diced carrots
3/4 tsp. sage
1/2 tsp. grated onion
2 large eggs

Cook the giblets until well done, take the broth, cool, mix with the well beaten eggs. Pour over the dry ingredients to make it moist thoroughly.

STEAMED BARBECUED SPARE-RIBS

Mrs. Roy Botts

1 onion, chopped
2 Tbsp. brown sugar
1 c. catsup and a little Texas Pete may be added
3 Tbsp. Worcestershire sauce
1 c. water
2 Tbsp. vinegar
1/4 tsp. cayenne pepper
1/2 Tbsp. mustard
1 Tbsp. celery salt
1/2 tsp. black pepper
1 tsp. salt
2 lbs. spare ribs

Brown meat on both sides in large frying pan. Mix all other ingredients together and pour over meat. Cook on high until steaming then reduce to simmer and cook until done.

PEPPER STEAK

Ruth Robinson

1 1/2 lb. round steak 1" thick
4 bell peppers (cut in small pieces)
1 can tomatoes
Salt and pepper to taste

PEPPER STEAK (Continued)

1/4 c. soy sauce
3/4 c. water
1 Tbsp. shortening

Brown cut up steak in hot shortening very quickly in steamer or pressure cooker, add soy sauce and water, cover tightly for 10 minutes. Remove lid, add peppers and tomatoes, cook 10 more minutes. Serve with or over rice.

MEAT LOAF - HUNT STYLE — Virginia B. Ramsey

1 1/2 lb. ground beef
1 egg beaten
1 c. fresh bread crumbs
1 medium-sized onion, chopped
1 1/4 tsp. salt
1/4 tsp. pepper
1/2 can Hunt's Tomato Sauce

Lightly mix ingredients and form a loaf. Place in shallow pan in moderate oven (350 degrees). While it's starting to bake, combine the following to make your prize-winning tart-sweet gravy:

1/2 can Hunt's Tomato Sauce
2 Tbsp. vinegar
2 Tbsp. prepared mustard
1 c. water
2 Tbsp. brown sugar or molasses

Pour over meat loaf in oven; continue baking 1 1/2 hours, basting occasionally.

MEAT AND CABBAGE BALLS — Mrs. Terri Brittain

2 lb. ground beef
1 chopped onion (med.)
1/2 c. diced celery
1 tsp. salt
12 large leaves cabbage
2 c. cooked rice
1 med. green pepper
2 eggs
1/2 tsp. black pepper

Mix well first 8 ingredients. Dip cabbage leaves in hot water to make limp. Make meat mixture into balls and wrap in the cabbage leaves.* Place in large saucepan, pour over mixture of tomatoes and juice to completely cover the cabbage. Bring to boil and then lower heat and cook slowly for 1 1/2 to 2 hours. Serves 12.

*Tie with boiled string or fasten with toothpicks.

COMPLIMENTS OF

DOUBLE COLA BOTTLING CO.

BOTTLERS OF

DOUBLE COLA

NEWGRAPE

ORANGE CRUSH

SUN DROP

CHEERWINE

TASTY FLAVORS

809-11 EAST FRANKLIN AVE.
GASTONIA, N. C.
PHONE UN 5-1131 OR 5-1279

COMPLIMENTS OF

ABERNATHY'S SUPER MARKET

McADENVILLE, N. C.

AKERS CENTER PHARMACY

AKERS SHOPPING CENTER

PHONE UN 5-3411

GASTONIA, N. C.

DENT GAITHER

Painting & Decorating

VA 7—2797

BELMONT, N. C.

BOX 13 CATAWBA HEIGHTS

FITE & BUMGARDNER FUNERAL HOME

D. W. BUMGARDNER, JR.

PHONE TA 5—5301

515 NORTH CENTRAL AVE. BELMONT, N. C.

24 HOUR AMBULANCE SERVICE

MC ADENVILLE, N. C.

MEAT AND CORNBREAD CASSEROLE

Mrs. Terri Brittain

1 lb. ground beef
1/2 tsp. salt
1/2 tsp. chili powder
1/2 c. water
1 med. diced onion
1/4 tsp. black pepper
1 can tomato soup

Brown onion in frying pan, add meat and seasoning. Cook for 10 minutes, add tomato soup and water, lower heat and simmer for one hour. Make one-half recipe of cornbread. Put cooked mixture into baking dish and place uncooked cornbread on top. Bake in 425 degree oven for 25 to 30 minutes, or till corn bread is well done. Serve hot.

In place of cornbread place canned biscuits on top.

BARBECUE SAUCE

Mary Blume

1/4 c. vinegar
1/2 c. water
2 Tbsp. brown sugar
1 1/2 tsp. salt
1 Tbsp. dry mustard
1/2 c. catsup
2 Tbsp. Worcestershire sauce
1/2 tsp. black pepper
1/4 tsp. cayenne pepper
Juice of 1 lemon
1 large onion, sliced
1/4 c. butter

Mix first 10 ingredients, bring to boil, and boil 20 minutes. Add catsup and Worcestershire sauce. Arrange frying chicken parts in a casserole dish and pour barbecue sauce over it. Cook in 350 degree oven for 2 hours. This sauce can be used for spareribs, pork chops, and etc.

SOUTHERN HAM OR PORK PIE

Mrs. Ruth Robinson

2 1/2 c. diced cooked ham
1/4 c. brown sugar
1 Tbsp. lemon juice
1/2 c. pineapple juice
1 c. orange sections
1/2 c. frozen sliced peaches
2 c. seasoned mashed sweet potatoes

Place ham in heavy skillet and cover with brown sugar. Heat, stirring until sugar begins to melt. Add lemon and pineapple juices and continue to cook for 5 minutes. Place alternate layers of ham, orange sections, and sliced peaches in casserole. Pour fruit juice from skillet over mixture. Place sweet potatoes lightly on top of casserole. To top this off place 6 to 8 cherries in sweet potatoes. Bake at 375 degrees for 40 minutes. 6 - 8 servings.

STUFFED STEAK

Mrs. James E. Ray

1 1/2 lb. round steak, run through tenderizer once
1 1/2 c. crumbs - make regular chicken dressing - substituting brown gravy for chicken stock

Roll the dressing in the steak and secure ends with toothpicks. Make a very thin tomato gravy, pour over steak, and bake one hour in 400 degree oven. Place quartered potatoes, carrots, onions, and small tomatoes around steak and bake 40 minutes. Serves six.

BARBECUED CHICKEN

Gwen Brittain

1 cut-up chicken
2 Tbsp. vinegar
1/4 c. lemon juice
3 Tbsp. Worcestershire sauce
1 tsp. prepared mustard
1 med. size onion
2 Tbsp. brown sugar
1 c. catsup
1 c. water
Salt and red pepper
1/2 c. finely chopped celery

Brown chicken in hot fat; brown onions in fat; add remaining ingredients and simmer 30 minutes. Pour over chicken and bake, uncovered, in moderate oven.

CHICKEN CHOW MEIN

Gertrude Costner

1 1/2 Tbsp. fat
Small amount pepper
1 c. diced onion
3/4 c. chopped celery
1 can bean sprouts
1/4 tsp. salt
1/2 c. water
1/2 c. diced chicken (cooked)
1/4 c. green pepper
1 small can mushrooms

Thickening:
1 1/4 Tbsp. cornstarch
1/2 tsp. brown sauce
1 Tbsp. soy sauce

Mix with 2 tablespoons water until smooth.

Heat fat in pan, add meat and onions, and fry quickly until meat is well seared. Add celery, green pepper, mushrooms, and salt and pepper. Cover and boil 4 to 7 minutes. Stir in drained bean sprouts, add thickening, and heat thoroughly, stirring often to prevent burning. Serve hot with cooked rice or chow mein noodles or both.

TUNA MACARONI BAKE

Mrs. Labe Abernathy, Jr.

2 eggs, well beaten
3/4 c. evaporated milk
1/2 c. water
3/4 tsp. dry mustard
1 Tbsp. onion
3/4 tsp. salt
3 c. cooked macaroni
1 1/2 c. grated American cheese
1 No. 1/2 can tuna

Mix all ingredients together and turn into greased baking dish, 6 x 10". Bake in 375 degree oven until firm and light brown, about 1 hour. Cut into squares and top each with catsup or chili sauce. Serves 6 to 8.

TUNA CASSEROLE

Mrs. G. M. Wayt

1 can tuna
3/4 pkg. fine noodles
1 can cream mushroom soup
1/2 pkg. frozen green peas
1 small pkg. potato chips
Trace of onion or onion salt
1/2 c. fine cut celery

Cook and drain noodles, cook peas and drain. Make gravy with mushroom soup. Add celery, onion, tuna, peas and noodles. Put in casserole dish and cook in medium oven for a few minutes until bubbly. When ready to serve break up some of the potato chips and mix with tuna, ect. Leave some broken chips crispy on top.

SPAGHETTI SAUCE

Ruth McHugh

1 lb. ground steak

Stir steak in butter and cook until grainy. Add 3 big chopped onions to steak.

1 can tomatoes
1 can tomato paste

Heat until it boils. Add to steak and onion mixture. Let this simmer for about 2 hours until it thickens. Add:

1/2 c. chopped celery
1 c. mushroom sauce or gravy
Chili powder
Red pepper
Worcestershire sauce
Garlic
Pepper and salt

Cook about one-half hour.

BARBECUE SAUCE

Mrs. James Helms

1 c. catsup
1/4 c. Worcesterhire sauce
1/2 tsp. prepared mustard
1/2 c. brown sugar

This sauce can be used over pork chops or chicken, pour sauce and water over meat and simmer for 1 hour, adding more water if needed.

SPAGHETTI SAUCE

Mrs. Carl Helms

1 c. catsup
1 diced onion
1 green pepper
1 tsp. chili powder
Salt and pepper to taste

Pour over already cooked spaghetti and simmer for about 30 minutes.

GOULASH

Mrs. Eleanor Gordon

1 lb. ground beef
1 pkg. spaghetti
1 can tomato soup
2 med. onions, chopped
1/2 green sweet pepper
1 c. water
Salt and pepper to taste

Brown beef in pan; add tomato soup, water, onion, pepper.

Simmer this mixture while preparing spaghetti according to directions on package. Add spaghetti to meat mixture. Simmer this about 15 minutes.

SPOONBURGER

Mrs. S. P. Gordon

1 lb. ground beef
2 c. grated carrots
1 diced onion
1/2 c. catsup
1 1/2 c. water

Brown ground beef then add carrots, catsup, onion and water. Cover pan and cook slowly until well done.

Write an Extra Recipe Here:

BREAD
ROLLS
PASTRY

BEAUTY HINTS

BY JULIAN

TIPS FOR THE STOUT WOMAN

Avoid dainty and spindly chairs and furniture which serve to accentuate your bigness.

Hats with wide and slanting brims are usually best.

Wear gloves which match the sleeves in color.

Avoid shoes with heels too high and slender and dark colored shoes are usually better than light ones.

Use fine textured stockings as dark as the current fashion allows.

Use a medium size handbag preferably square or rectangular. Too small a bag emphasizes your stoutness and too large a bag may look too bulky.

If you carry an umbrella use a long slender one.

Always select dresses with long straight lines which make you appear slimmer. Wear skirts and dresses as long as the fashion will allow.

TIPS FOR THE TALL WOMAN

Never make the mistake of trying to walk or stand in a slouched or bent over position in an effort to minimize your height.

Always wear your hair as flat as it can be made on top

Wear hats with shallow crowns and large droopy brims. Hat trimmings should be horizontal.

Gloves should be of a different color than the sleeves and the same applies to hosiery.

Wear low heels except with formal clothes.

Handbags should be large and of a contrasting color.

Long haired furs are very suitable.

Avoid plain straight dresses. Contrasting bands in blouse and skirt are good. If the dress is all of one color set off with a broad belt of a contrasting color.

BUTTERMILK BISCUITS

Mrs. Barbara Abernathy

4 c. sifted flour (plain)
1 tsp. baking powder
1 tsp. salt
3/4 c. buttermilk
1/4 tsp. soda
3/4 c. shortening

Sift flour once, measure, add baking powder, soda and salt and sift again. Cut in shortening, add milk gradually until soft dough is formed, turn on floured board and knead lightly, 2 minutes. Roll desired thickness, cut with floured cutter. Bake in shallow pan in hot oven 450 degrees, 12 minutes. Makes 2 1/2 dozen biscuits.

GRIDDLE CAKES

Carol Weeks

2 c. thick buttermilke
1 tsp. salt
1 tsp. soda
1 egg

Sift flour into buttermilk at night, beat until batter becomes quite light; let stand overnight. The next morning, add salt, egg, and soda (this should be dissolved in a tablespoonful of boiling water); beat all together thoroughly; bake on hot griddle in small cakes; grease girddle as little as possible; and never turn cakes but once.

PECAN PIE

Susie Vaughn

1 1/2 c. brown sugar, packed
1/2 c. white sugar
Pinch salt
2 Tbsp. sifted flour
2 or 3 eggs, beaten
1/2 stick butter, melted
1/3 to 1/2 c. top milk or light cream
1 c. or more pecans
1 unbaked pastry, 9 inches

Mix sugar, salt, flour, then add beaten eggs and cream, blending well. Add melted butter and mix thoroughly. Cover bottom of unbaked pastry in pie pan with pecan meats. Pour in other mixture and bake in 350 degree oven about 30 minutes, or until pie is set. Pie is done when all but a small circle in the middle is set - this part will cook after removing from the oven by heat from the pie. Yield: 6 - 8 servings. (Note: during the baking the nut meats will rise to top of pie.

LIGHT AS A FEATHER MUFFINS — Mrs. Jake Donaldson

1/4 c. sugar
1/4 c. soft shortening
1 egg
1 3/4 c. sifted cake flour
1/2 tsp. salt
4 tsp. baking powder
1 c. milk

Heat oven to 375 degrees. Mix sugar, shortening thoroughly, stir in alternately with milk. Fill greased muffin cups 2/3 full. Bake 20 - 25 minutes until golden brown. Serve hot. Makes 14 - 16 small muffins.

CHESS TARTS — Ruth McHugh

1 stick butter or margarine
1 box light brown sugar
Pinch of salt
2 eggs (big) or 3 eggs (small)
1 tsp. vanilla

Put 1 soupspoon of mixture into each uncooked pastry shell. Bake 30 minutes at 350 degrees. Makes 2 dozen.

PINEAPPLE TARTS — Gwen Brittain

1/2 c. shortening
1 c. sugar
1 c. milk
2 egg yolks
2 tsp. baking powder
32 graham crackers (rolled fine)
1 c. black walnuts
1 tsp. vanilla flavoring

Cream shortening and sugar. Add egg yolks which have been beaten. Add baking powder to graham crackers, add vanilla to milk. Add graham crackers and milk alternately. Beat egg whites and fold in mixture and fold in nuts. Bake 15 to 20 minutes at 400 degrees.

Icing: Boil slowly 1 small can crushed pineapple and 1 cup sugar for 10 minutes. After cup cakes have cooled put 1 teaspoon on each cup cake.

COCONUT PIE FILLING — Mrs. Omar Wright

1 c. coconut
1 c. sugar
Milk (see mixing instructions)
2 eggs
1 tsp. vanilla
1/2 stick butter or margarine

Fill cup with coconut and pour as much milk as cup will hold over coconut. Let stand. Mix sugar, butter and eggs, add coconut and milk. Place in pastry and cook at

THOMAS MOTOR SALES

RICHARD E. THOMAS
"RED BIRD"

GASTONIA, N. C. UN 4-4391

BELMONT CLEANERS and LAUNDERETTE

DRIVE IN PARKING

GRAHAM AND GEORGE RUMFELT

111 S. MAIN BELMONT, N. C. TA 5-8514

LINEBERGER REALTY COMPANY

SINCE 1923

UN 7-6941

GASTONIA, N. C.

COMPLIMENTS OF
McADENVILLE BEAUTY SHOP

BARBARA CLEVELAND VA 4-1121

VALET MEN'S SHOP

"FINEST IN MEN'S WEAR"

SOUTH MARIETTA ST. UN 5-3722 GASTONIA, N.C.

PLEASE PATRONIZE OUR ADVERTISERS

ELITE BEAUTY SHOPPE

144 SOUTH MARIETTA ST. UN 5-3621 GASTONIA, N. C.

MRS. CHARLIE GOODSON

LIGHTING CENTER

LIGHTING FIXTURES AND LAMPS

220-242 E. MAIN ST. GASTONIA, N.C. UN 5-4850

RANKIN—ARMSTRONG CO.

QUALITY FURNITURE

250 E. MAIN AVE. GASTONIA, N.C. UN 4-3436

KIRBY MUSIC COMPANY, INC.

PIANOS

GASTONIA, N. C. 255 E. MAIN UN 5-4932

PLEASE PATRONIZE OUR ADVERTISERS

GASTON BODY SHOP

EXPERT AUTO AND TRUCK BODY WORK DUCO FINISHING

214 N. CHESTER ST. UN 5-0881 GASTONIA, N. C.

THE SPORTS CENTER

TOP GRADE SPORTS EQUIPMENT

212 E. MAIN ST. "FOR LESS" GASTONIA, N. C.

SETTLEMYER BEAUTY SHOP

INDIVIDUALIZED SERVICE

UN 4-2971 AKERS SHOPPING CENTER GASTONIA, N.C.

JENNIE'S BEAUTY SHOP

"THE SMARTEST THING YOU CAN WEAR IS YOUR HAIR"

GASTONIA, N. C. UN 4-2391

COCONUT PIE FILLING (Continued)

400 degrees for 20 to 30 minutes.

REFRIGERATOR ROLLS — Mrs. Leslie Thompson

2 cakes compressed yeast
1 1/2 c. lukewarm water
2 tsp. salt
1/2 c. sugar
2 beaten eggs
1/2 c. melted shortening
6 c. sifted flour

Dissolve yeast in water, add salt, sugar, eggs and shortening, beat well, add flour one cup at a time mixing well after each addition, place in bowl and cover. Store in refrigerator until ready to use, or let rise in bowl covered with damp cloth out of draft until double in bulk. Knead and shape into rolls when double in bulk again, bake in 425 degree oven 15 to 20 minutes. Makes 2 dozen rolls.

KARO PECAN PIE — Mrs. Labe Abernathy, Jr.

2 eggs, beaten
1 c. dark Karo syrup
1 tsp. vanilla
1 c. sugar
2 Tbsp. melted butter
1/2 tsp. salt
1 c. pecans
1 unbaked pie shell

Mix all ingredients together adding pecans last. Pour into unbaked pie shell. Bake in hot oven, 400 degrees 15 minutes; reduce heat to 350 degrees and bake 30 to 35 minutes longer, or until a silver knife inserted in center of pie comes out clean. Pecans or shredded coconut may be substituted for pecans. If salted nuts are used, omit salt in recipe.

EGG PIE — Mrs. Charlie Adcock

3 eggs
1 Tbsp. butter
1 c. evaporated milk
3 Tbsp. sugar
1 Tbsp. flour
1 tsp. vanilla

Heat milk and butter and stir into dry ingredients. Pour into unbaked pie crust and bake at 300 degrees and increase to 350 degrees slowly.

LEMON PIE — Mrs. Blanch Abernathy

2 c. sugar
Juice of 1 lemon
2 c. hot water or 1 c. hot water and 1 c. sweet milk

LEMON PIE (Continued)

1 grated lemon rind
1/2 c. flour or cornstarch
3 egg yolks
1/2 Tbsp. butter

Stir all ingredients together and cook in double boiler. When thickness results, remove from heat and cool. Pour into baked pie shell, cover with meringue.

CHALLENGE LEMON PIE — Mrs. R. M. Hopkins

Combine juice and grated rind of 1 lemon with 3 egg yolks, 1/2 cup sugar, 1/2 teaspoon salt, 3 tablespoons boiling water. Cook mixture until thick and smooth. Beat 3 egg whites, adding 1/2 cup sugar, 1/2 teaspoon salt and vanilla (1 teaspoon) if desired. Egg whites should be very stiff. Fold egg whites into cooked egg mixture slowly, blending well. Pour into cooked pie shell, and brown in moderate oven, 350 degrees for 15 minutes.

CREAM PIE — Virginia B. Ramsey

Pie Crust:
16 graham crackers, rolled fine
1 tsp. flour
1/2 c. butter, softened
2 Tbsp. sugar
1 tsp. cinnamon

Blend thorughly, press one-half mixture firmly in even layer to bottom and sides of a well-buttered pie-pan.

Custard Filling:
2 Tbsp. cornstarch
1/4 c. sugar
1/4 tsp. salt
2 c. milk, scalded
3 egg yolks, beaten
1 tsp. vanilla

Mix thoroughly cornstarch, sugar and salt - - add slowly to hot milk, stirring constantly until mixture thickens. Cook in double boiler 10 minutes longer. Blend a little of this mixture with egg yolks, return to double boiler, stir and cook until eggs are set (about 2 minutes). Add vanilla, pour into cracker crust.

Meringue: Make a meringue of 3 stiffly beaten egg whites and 3 tablespoons granulated sugar. Spread on top custard filling. Sprinkle meringue with remaining crumbs. Bake in a slow oven (300 degrees - 325 degrees) until lightly browned about 20 minutes.

PECAN PIE

Mrs. S. P. Gordon
Lowell, N. C.

3 eggs, beaten
1/2 c. sugar
1 c. dark corn syrup
1/4 tsp. salt
1 tsp. vanilla flavoring
1/4 c. melted butter or margarine
1 c. pecan meats
Unbaked 9-inch pastry shell

Mix eggs, sugar, syrup, salt, vanilla and fat. Spread nuts in bottom of shell, pour in filling. Bake in hot oven, 400 degrees for 15 minutes, reduce heat to moderat, 350 degrees and bake 30 - 35 minutes longer, or until a silver knife inserted in center of filling comes out clean.

EGG CUSTARD PIE

Mrs. S. P. Gordon
Lowell, N. C.

2 egg yolks
3/4 c. sugar
2 heaping tsp. flour
1/4 tsp. vanilla flavoring
1 c. milk

Mix sugar, egg yolks and stir thoroughly. Add vanilla and milk. Pour in unbaked pie shell and bake 30 minutes at 400 degrees.

NEVER FAIL MERINGUE

Mrs. Walter Roberts

4 egg whites
3 Tbsp. water
Pinch of salt
1/2 c. sugar
1/2 tsp. vanilla
1/2 tsp. baking powder

Add water and salt to egg whites and beat with egg beater, until stiff; but not dry. Gradually add sugar and vanilla. Beat until well mixed. Add baking powder and beat until smooth and fluffy.

CHOCOLATE PIE

Mrs. R. B. Gaither

5 eggs, save whites for meringue
2 scant c. sugar
2 heaping Tbsp. flour
2 well rounded Tbsp. cocoa
Pinch of salt
Butter, size egg
Add 1 c. milk

Mix dry ingredients and liquid separate and then blend together. Cook in 2 pie pans in uncooked pie shells.

Meringue: 5 egg whites, beat until stiff, add sugar, about 2 level tablespoons for each white. Cook for 10 minutes or until brown.

COCONUT PIE

Mrs. Merle Costner

2 eggs
1 c. sugar
1 c. milk
1 tsp. vanilla flavoring
1 can coconut

Mix all ingredients together and pour into unbaked pie crust. Bake until firm.

PINEAPPLE ICEBOX PIE

Mrs. Jake Donaldson

1 large can condensed milk
1 small can pineapple
1 box lime jello
1 c. sugar
1 egg

Mix sugar, pineapple and eggs together. Cook 3 minutes, cool, add jello and cook 2 more minutes. Whip condensed milk and mix. Use vanilla wafers for crust.

Write Extra Recipes Here:

CAKES COOKIES

BEAUTY HINTS

BY JULIAN

REMOVAL OF FRECKLES

In the first place there will be less need to remove freckles if care is taken to keep the face well shaded when in the sun. A harmless and effective bleach for freckles is to cover them with lemon juice or buttermilk each evening just before retiring after the face has been carefully washed and dried. Another effective lotion may be made by mixing equal portions of lemon juice and peroxide. These should be left on overnight. If the freckles are very heavy and your skin is not unusually sensitive the following preparation may be used morning and evening after washing and drying the skin: 4 oz. distilled water; 1 oz. lavender water and 3/8 dram muriate of ammonia.

REMOVAL OF BLACKHEADS AND WHITEHEADS

These two skin conditions originate in the same way and the same general treatment applies to both. Blackheads and whiteheads are caused by clogged pores and the dirt and grime which have accumulated therein. A good treatment for correction of this condition is to wash face and hands thoroughly with warm water and a good soap to lessen risk of infection. Then cover the infected area with warm oil. The blackheads may then be squeezed out with tissue or soft sterile cloth covering the finger tips. Puncture the whiteheads with a sterilized needle and squeeze out the contents with covered fingertips. After this treatment wash the face again and wipe with an alcoholic lotion and then apply a good antiseptic ointment which should be left on overnight.

ICEBOX CAKE

Virginia B. Ramsey

Combine:

2 eggs (beat well)
1 c. sugar
1 1/2 c. pineapple juice

Cook over low heat until it comes to a boil, add one package of cherry Jello. (Let cool.) Have 1 can cream cold. Beat until stiff, add 1/4 cup sugar and juice of 2 lemons. After first mixture cools, fold into whipped cream, pour in dish lined with vanilla wafers. (Alternate same as for banana pudding.

CARAMEL ICING (NEVER FAIL)

Mrs. George Patrick

2 c. brown sugar
5 Tbsp. cream or milk
1/2 c. butter or margarine

Mix well and boil for 2 minutes (after it comes slowly to a boil). Take off fire and add 1/2 teaspoon baking powder and 1/2 teaspoon vanilla. Beat well until smooth and creamy. Spread on cake. Double recipe for a layer cake if you wish. I find this enough for 2 layers.

VELVET CAKE

Gwen Brittain

3/4 lb. butter (3 sticks)
6 eggs
3 1/2 c. cake flour
1 tsp. vanilla
2 1/2 c. white sugar
1 c. sweet milk
2 tsp. baking powder
1/2 tsp. lemon (optional)

Have all ingredients at room temperature. Cream butter and sugar until very smooth and light. Add unbeaten eggs 1 at a time. Sift flour before measuring, then sift all dry ingredients together several times. Add dry ingrdients to the creamed mixture alternating with the milk, mixing well. Last add desired flavoring. This cake may be made either by hand beating or with an electric beater. Pour into a well greased and floured tube cake pan. Bake at 300 to 325 degrees for 1 hour.

WAR CAKE

Mrs. Roy Botts

1 box seedless raisins
2 c. hot water
2 tsp. cloves
2 c. white sugar
2 tsp. cinnamon
4 tsp. butter or margarine

WAR CAKE (Continued)

Mix the above together and boil 5 minutes. When cold add four cups of flour, and 2 teaspoons of soda dissolved in a half cup of hot water. Add 1 egg and bake in 3 layers at 375 degrees. (If self-rising flour is used, omit soda.)

Caramel Filling for "War Cake":

2 c. brown sugar
1/2 c. butter or margarine
1 small can cream

Mix all ingredients together and cook until it will form a soft ball when dropped into cold water. A small amount of powdered sugar may be added if filling is not thick enough.

GRAHAM CRACKER CAKE — Mrs. Cecil Webb

1/2 c. butter or oleo
5 eggs
1 tsp. vanilla
1 c. chopped pecans
2/3 c. milk
2 c. sugar
1 13-oz. pkg. graham cracker crumbs
1 c. frozen coconut
2 tsp. baking powder

Cream butter and sugar, then add eggs, 1 at a time beating well after each. Add baking powder to cracker crumbs. Alternate milk and crumbs. Add coconut, pecans and vanilla. Grease and flour 2 9x 1 1/2" cake pans. Bake 350 degrees for 35 to 40 minutes. Pour juice of pineapple over layer before icing.

Icing:

1 stick butter or oleo
1 box confectioners sugar
1 can crushed pineapple (drained)

Let butter get soft then blend in sugar and pineapple.

STRAWBERRY CAKE — Mrs. Grover Bynum

1 box white cake flour
3 eggs
1 pkg. strawberry jello
3/4 c. Wesson oil
1/2 c. frozen strawberries
1/2 c. water

Put all ingredients in large mixing bowl together and mix well. Grease and flour 2 9 x 1 1/2" cake pans. Bake about 25 or 30 minutes at 350 degrees.

Icing:

1 stick butter or oleo
1 box confectioners sugar
1/2 c. frozen strawberries

STRAWBERRY CAKE (Continued)

Let butter get soft, then add sugar and strawberries alternately.

HARRIET NELSON'S CREAM CHEESE CAKE

Louise G. Robinette

1 lb. cream cheese
2/3 c. sugar
3 eggs
1/2 tsp. almond extract
1 c. commercial sour cream
3 Tbsp. sugar
1 tsp. vanilla

Beat cream cheese, eggs, the 2/3 c. sugar and almond extract together very thoroughly, or until smooth and thick and lemon colored. Pour into greased 9-inch pie plate. Bake in a 350 degree oven 25 minutes. Cool 20 minutes. While cheese cake is cooling beat sour cream, the 3 tablespoons sugar and vanilla together thoroughly. Pour sour cream mixture over top of cheese cake. Return to 350 degree oven and bake 10 minutes more. Cool before serving. Sprinkle slivered Brazil nuts on top before serving. Yield: 1 9-inch cake.

NEVER-FAIL CHOCOLATE CAKE Mrs. Walter Roberts

Sift together into large mixing bowl:
1 3/4 c. sifted cake flour
3/4 tsp. salt
2 1/4 tsp. baking powder
1 c. plus 2 Tbsp. granulated sugar

Add: 1/2 c. soft shortening
2/3 c. milk
1 1/4 tsp. flavoring

Beat on medium speed 2 minutes. Scrape beaters and bowl. Add 2 unbeaten eggs. Beat on minute longer. Pour into pans. Bake 375 degrees. Cool before icing.

Chocolate Filling:
2 c. granulated sugar
1/2 c. milk
1/2 c. butter
2 squares unsweetened chocolate

Mix in suacepan, let come to a rolling boil. Remove from heat and beat thoroughly.

MOIST POUND CAKE

Mrs. Marshall Lineberger
Lowell, N. C.

1 lb. butter
2 2/3 c. sugar
3 1/2 c. sifted cake flour
8 Tbsp. coffee cream
1 small bottle lemon flavoring
8 medium size eggs

Separate eggs, whip the whites and add 6 tablespoons of the sugar. Place this mixture in refrigerator until rest of cake is mixed. Cream the butter, add gradually remainder of sugar and beat until light. Add yolks 2 at a time beating well after each addition, add flour and cream alternately, beat well. Beat in egg whites and pour batter in greased, floured cake pans and bake 1 hour and 25 minutes at 300 degrees. Makes 2 medium size cakes.

GRAHAM CRACKER CAKE

Mrs. James Helms
Lowell, N. C.

1 box crushed graham crackers
2 c. sugar
2 sticks butter
5 eggs
1 tsp. baking powder
1 c. milk
1 c. pecans or 1/2 c. nuts and 1/2 c. raisins
1 c. coconut
1 tsp. vanilla flavoring

Stir crushed crackers, melted butter, sugar, vanilla and eggs, stir well, then beat with mixer, 3 or 4 minutes, add nuts and coconut and raisins if preferred. Cook at 375 degrees. Makes 3 layers.

Frosting:
1 1/2 box powdered sugar
1 stick butter
1 small can crushed pineapple
1/2 c. raisins
1/2 c. pecans
1/2 c. coconut

Mix sugar, butter and pineapple, and cream, add nuts, raisins, coconut. If too thin, add more sugar.

CHOCOLATE POUND CAKE

Mrs. James Helms
Lowell, N. C.

3 c. sifted cake flour
1/2 c. cocoa
1 tsp. salt
1/2 tsp. double acting baking powder
2 1/4 c. sugar
1 tsp. vanilla flavoring
5 unbeaten eggs
1 c. milk
1 c. butter and 1/2 c. shortening

CHOCOLATE POUND CAKE (Continued)

Sift together all dry ingredients. Cream together butter, shortening, and sugar until real light. Add vanilla and add eggs one at a time, beating well after each one. Add dry ingredients alternately with milk, beginning and ending with dry ingredients. Beat well after each addition. Turn into tube pan well greased. Start off in cold oven. Turn heat to 325 degrees and bake 1 1/4 to 1 1/2 hours.

BUTTERMILK CHOCOLATE CAKE Mrs. Charlie Adcock

2/3 c. boiling water
2 squares unsweetened chocolate
1/2 c. shortening (soft or melted)
1/2 c. buttermilk
2 eggs
1 3/4 c. sifted cake flour
1 1/3 c. sugar
1 tsp. salt
1 tsp. soda
1 tsp. double-acting baking powder
1 tsp. vanilla

Put chocolate in boiling water; stir until melted; cool. Sift together flour, sugar, salt, soda and baking powder. Add shortening, buttermilk, cooled chocolate and vanilla to dry ingredients. Beat vigorously for 2 minutes by hand or on medium speed with electric mixer. Add unbeaten eggs and continue beating for 2 minutes longer. Pour into greased and floured, or paper-lined 9-inch round cake pans and bake in 350 degree oven for about 30 minutes. Cool slightly and remove from pans. Frost with favorite white frosting, or white between layers and chocolate over top and sides.

LIGHT FRUIT CAKE Lottie Kay

2 c. butter
3 c. sugar
12 eggs
1 c. orange juice
2 1/2 lb. cherries
5 c. flour
1 tsp. salt
2 tsp. vanilla
2 1/2 lb. pineapple
2 1/2 lbs. shelled nuts

Cream butter and sugar. Add eggs, one at a time, beating thoroughly after each. Add flour and orange juice alternately. Use one cup of the flour to sprinkle nuts and fruit. Add them to mixture. Add vanilla. Put in pan greased and lined with brown paper. Place in slow oven about 250 or 275 degrees about 2 hours or until test done.

MRS. COSTNER'S POUND CAKE — Mrs. G. A. Costner

3 sticks creamery butter
8 eggs, beat slowly one at a time into batter
3 3/4 c. cake flour
1/8 tsp. salt
1/2 pt. (1 c.) heavy cream
1 tsp. baking powder
2 c. sugar
1 tsp. vanilla

Cream butter and sugar thoroughly, beating with the same stroke. Add eggs one at a time and beat approximately 3 minutes to each egg. Add flour sifted 3 times with salt and baking powder, gradually. Beating vigorously, add vanilla. Last pour in the heavy cream in small amounts and bake in a moderate oven which has been slightly heated - to just warm. Set at 325 degrees.

ORANGE FRUIT CAKE — Lucy Guion

3/4 c. butter
3 eggs
1 1/2 c. dates or raisins
1 c. buttermilk
1 1/2 tsp. soda
1 tsp. vanilla
1 c. sugar
1 c. nuts
Grated rind of 2 oranges
3 c. plain flour
1 tsp. salt

Combine ingredients and pour into greased and brown paper lined pan. Bake in moderate oven for 1 1/2 hours.

1 c. sugar
1/2 c. orange juice
1 Tbsp. grated rind

Sweeten juice and pour slowly over cake after it is baked and still hot.

CHOCOLATE NUT DROPS — Catherine Payne

Mix together thoroughly:
1/2 c. soft shortening
1 c. brown sugar (packed in cup)
1 egg

Blend in 2 squares unsweetened chocolate (2 oz.) melted. (If using cocoa, use 1/4 cup.) Stir in 3/4 cup milk. Sift together and stir in:

2 1/4 c. sifted flour
1/2 tsp. soda
1/2 tsp. salt (if using self-rising flour omit soda and salt)

Stir in 1/2 cup chopped nuts (or 1 cup). Chill dough.

L. S. RANKIN AND SONS, INC.

MARKETERS

SINCLAIR REFINING CO.

GASTONIA, N. C.

P. O. Box 1084

Telephones: UNiversity 5-2306 & 5-2307

ELMORE INSURANCE & REALTY CO.

128 NORTH MAIN STREET

POST OFFICE BOX 126

BELMONT, NORTH CAROLINA

DIal: TA 5-5371

WE SELL THE EARTH

AND

INSURE WHAT'S ON IT

NEAL HAWKINS, CONTRACTOR

Grading and Paving

GASTONIA, N. C. UN 5-1281

Shuford's Studio

JOHN A. HUNTER, JR.

UN 4-1516

624 E. FRANKLIN AVE. GASTONIA, N. C.

UNDERWOOD

O G PENEGAR COMPANY

OFFICE AND SCHOOL SUPPLIES

UN 5-1237

176 W. FRANKLIN AVE. GASTONIA, N. C.

Sweetland Candy Co., Inc.

PIES-PASTRY

SWEETLAND

133 W. Main Ave.
Gastonia, N. C.

MILK ICE CREAM

UN 7-9134

COMPLIMENTS OF

GASTONIA

Coca-Cola

TRADE-MARK REG. U. S. PAT. OFF.

BOTTLING CO.

GASTONIA, N. C.

B.F.Goodrich Store

23 North Main St.
Belmont, N. C.

TIRES-TUBES-BATTERIES

TA 5-8547

CHOCOLATE NUT DROPS (Continued)

Drop by teaspoonsful about 2 inches apart onto greased cookie sheet. Bake ten to twelve minutes in moderately hot oven (400 degrees). Frost with butter icing. Makes 3 to 4 dozen cookies.

LOVELIGHT YELLOW 2-EGG CHIFFON CAKE

Catherine Payne

2 eggs, separated
2 1/4 c. sifted cake flour
1 tsp. salt
1 c. milk
1 1/2 c. sugar
3 teaspoons baking powder
1/3 c. Wesson oil
1 1/2 tsp. vanilla

Heat oven to 350 degrees (moderate). Oil lightly, dust with flour 2 layer cake pans, 8 x 1 1/2" or 9 x 1 1/2", or 1 oblong pan, 13 x 9 1/2 x 2". Beat egg whites until frothy. Gradually beat in 1/2 cup sugar. Beat until stiff and glossy.

In another bowl sift remaining sugar, flour, baking powder, and salt. Add Wesson oil, half of milk, vanilla. Beat 1 minute medium speed on mixer. Scrape bowl often. Add remaining milk, egg yolks. Beat 1 minute, scraping bowl often. Fold in meringue. Pour into pans. Bake layers 30 to 35 minutes, oblong 40 to 45 minutes. Cool, frost.

ICEBOX CAKE

Thelma Garriss

1 large box vanilla wafers, rolled fine
3 c. pecans, cut
1 box seedless raisins
1 can Eagle Brand milk

Line pyrex dish with wax paper. Mix well all ingredients by hand, put into pyrex dish. Chill in refrigerator.

BANANA SPICE CAKE WITH BROILED FROSTING

Mrs. James E. Ray

Batter:

1 3/4 c. sifted plain flour
1/2 tsp. salt
1/2 tsp. cloves
2/3 c. mashed bananas (3)
1 c. sugar
2/3 c. evaporated milk
1 tsp. baking powder
1 tsp. cinnamon
1/4 tsp. nutmeg
1/2 c. salad oil
1 egg
2 Tbsp. lemon juice

BANANA SPICE CAKE WITH BROILED FROSTING (Cont.)

Sift all dry ingredients together. Add liquid. Mix well. Cook in 9 x 13" pan in a moderate oven. Mix frosting. Place on cake and return to broiler until frosting bubbles.

Frosting:

1/2 c. chopped nuts	3 Tbsp. butter
1/2 c. brown sugar	1 Tbsp. evaporated milk

SPECIAL DEVIL FOOD CAKE — Mrs. R. B. Gaither

2 1/4 c. sifted flour	1 3/4 c. sugar
1/3 tsp. baking powder	1 3/4 tsp. soda
1 tsp. salt	2/3 c. cocoa
2/3 c. Spry or Swiftning	2/3 c. water

Place above ingredients in mixing bowl and beat vigorously by hand or mixer (medium speed) for 2 minutes. Add 1/3 cup water and three large eggs. Beat 2 more minutes. Bake in moderate oven until cake tests done. Makes three layers.

Filling:

1 box powdered sugar	3 tsp. cocoa
1 stick melted butter or margarine	

Cream and spread over cake.

SUGAR COOKIES — Mrs. A. C. Crawford

2 c. flour	2/3 c. shortening
2 tsp. baking powder	2/3 c. sugar
1/2 tsp. salt	2 eggs
1 tsp. vanilla	

Sift flour together with baking powder and salt. Cream shortening and add sugar beating until light and fluffy. Add unbeaten eggs one at a time, beating thoroughly after each egg is added. Add vanilla. Add flour mixture. Beat vigorously until flour is completely blended. Put bowl of dough into refrigerator until quite cold. Usually about 2 hours. Divide dough in half. Roll out until dough is about 3/8" thick and cut with cookie cutter. Sprinkle top with sugar and bake in oven at 350 degrees.

PECAN DREAMS

Mrs. Marshall Finch

1/2 lb. butter
6 Tbsp. confectioners sugar
2 c. flour
2 c. pecans (unbroken)
2 tsp. vanilla
2 tsp. water

Cream butter, sugar and flour. Add other ingredients. Mix well. Break off pieces the size of large date, roll in palm of hand. Place on greased cookie sheet. Bake in slow oven, 250 degrees, for 40 to 45 minutes. Roll in confectioners sugar while hot.

PLAIN COOKIES

Mrs. George Patrick

1 c. butter or margarine
3/4 c. sugar
1 egg

Cream together above and add:

2 1/2 c. flour
1/4 tsp. salt
1/2 tsp. baking powder
1 tsp. vanilla

Drop on baking sheet and bake at 400 degrees for 10 minutes.

COOKIES

Mrs. R. B. Gaither

Mix together thoroughly:

1 c. soft butter
1 c. sifted confectioners sugar
1 tsp. flavoring of your choice

Sift together and stir in:

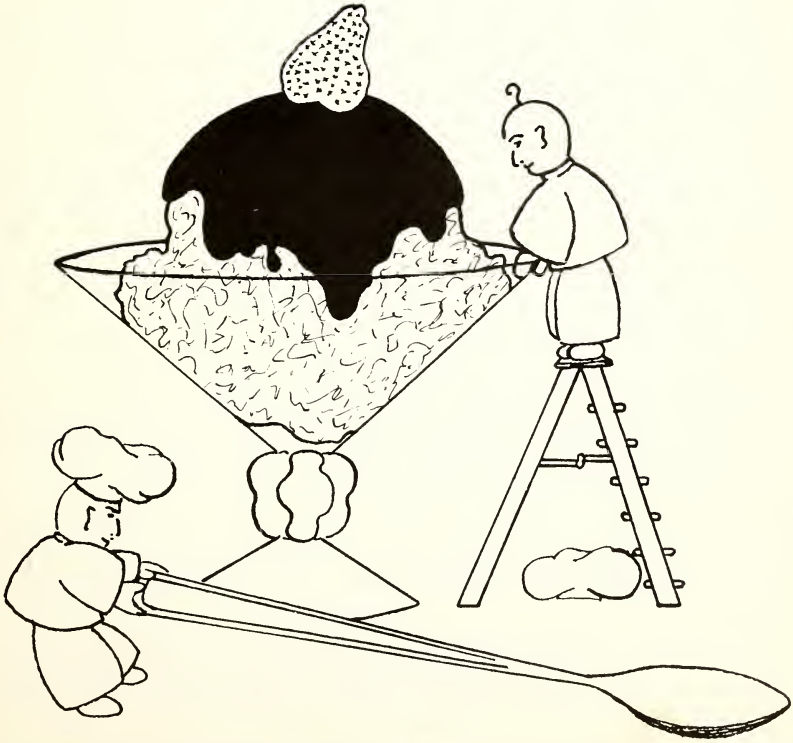
2 1/2 c. flour
1/4 tsp. salt

Mix with hands. Press and mold into long, smooth roll, about 2 inches in diameter. Wrap in wax paper. Chill for several hours or overnight. Slice very thin with sharp knife. Cook at 325 degrees until brown.

Write an Extra Recipe Here:

Write Extra Recipes Here:

DESSERTS



HOUSEHOLD HINTS

Coffee cream may be whipped by adding one teaspoon of gelatin which has been melted and allowed to cool almost to the setting stage.

If foods boil over in stove or oven cover with salt to prevent smoking and excessive odor.

Brown sugar will not become lumpy if stored in a glass jar with a piece of blotting paper fitted to the inside of the lid.

Hat veils may be ironed by placing between sheets of waxed paper.

To prevent marshmallows from sticking to the knife when cutting first dip the knife into boiling water.

Ice trays will not stick in the refrigerator if first set on a piece of waxed paper in the freezing compartment.

An apple cut in half and placed in the cake box will keep the cake fresh several days longer.

When driving a nail into plaster first rub it on a cake of soap.

Stopped up sinks may sometimes be unstopped by covering the opening with baking soda and then pouring vinegar over the soda.

Spots may be cleaned from hats by rubbing corn starch into them and then brushing gently.

To keep small rugs from slipping on polished floors sew old fruit jar rings to each corner underneath.

DESSERTS

JIFFY COBBLER

Lorene Moore

Melt 1 stick margarine in baking dish. Mix:

1 c. flour
1/2 c. sugar
3 tsp. baking powder
1/2 tsp. salt
2/3 c. milk

Spoon mixture over melted margarine then add 4 cups sweetened fruit. Bake at 350 degrees for 35 minutes. This cobbler is delicious reheated several times.

CHOCOLATE PUDDING

Mrs. J. E. Clark
Belmont, N. C.

1 c. sifted flour
1/2 c. sugar
2 Tbsp. cocoa
2 tsp. baking powder
1/2 tsp. salt
1/2 tsp. vanilla flavoring
1/2 c. milk
1/4 c. nuts
2 Tbsp. melted butter

Topping:
3/4 c. brown sugar
1/2 c. cocoa
1 3/4 c. boiling water

Blend sugar and cocoa, sprinkle over batter, pour boiling water over all. Bake 40 minutes at 350 degrees.

BANANA PUDDING

Mrs. Charles E. Rankin

2 c. sugar
4 Tbsp. cornstarch
3 c. milk
2 eggs
1 tsp. vanilla
48 - 50 vanilla wafers
3 or 4 bananas

Mix sugar and cornstarch then milk, add well beaten eggs. Cook over slow heat, stirring often until thick. Cool. Arrange alternate layers of wafers and sliced bananas in dish. Pour cool custard over this.

APPLE CRUNCH

Mrs. J. B. Lail

1 can sliced apples
1 c. sugar
1 c. flour
1 tsp. baking powder
1/4 tsp. salt
1 egg

Place apples in bottom of pyrex dish, sprinkle

APPLE CRUNCH (Continued)

cinnamon. Mix sugar, sifted flour, salt and baking powder together, add egg and mix. Place over apples, add small amount butter and bake in oven 350 degrees until golden brown.

NUTTY FINGERS — Mrs. E. S. Nichols

1 stick butter
5 heaping Tbsp. confectioners sugar
1 Tbsp. ice water
4 Tbsp. Spry or Crisco
1 tsp. vanilla
1 c. shelled pecans
2 c. flour

Cream butter and shortening. Add flavoring and sugar. Add ice water. Add flour. Add nut meats. Make into small finger rolls. Put on baking sheet. Bake at 325 degrees about 40 minutes or until light brown. Roll in confectioners sugar.

JELLY ROLL — Mrs. A. C. Crawforl, Jr.

3/4 c. flour
1 tsp. baking powder
1/4 tsp. salt
3 egg whites
3/4 c. sugar
3 egg yolks
2 Tbsp. cold water
1/2 tsp. lemon extract
Confectioners sugar
3/4 c. jelly

Beat egg whites until stiff but not dry. Gradually fold in 1/2 cup sugar. Mix egg yolks and water and beat until foamy. Add 1/4 cup sugar, beating until thick and lemon colored. Add lemon extract. Sift flour, baking powder and salt together. Fold egg yolk mixture into egg white mixture. Fold in flour mixture. Bake in oven at 350 degrees until done. Turn out on towel dusted with confectioners sugar. Trim off hard edges and spread jelly on cake. Roll up lengthwise. Wrap in towel or wax paper until ready to slice.

OZARK PUDDING — Ruth McHugh

1/2 c. sifted flour
1/2 tsp. salt
2 eggs
1 c. chopped walnuts or pecans
1 rounded c. peeled finely chopped apples
2 tsp. baking powder
1 c. brown sugar (firmly packed)
2 tsp. vanilla

Sift flour, baking powder, and salt. Beat eggs well.

BELMONT FINANCE COMPANY, INC.

HOUSEHOLD-PERSONAL-AUTO LOANS

TEL. TA 5-2133 11 EAST CATAWBA ST. BELMONT, N.C.

WATKINS PHARMACY

PRESCRIPTIONS

PHONE TA 5-5966 132 NO. MAIN ST. BELMONT, N. C.

DIXON MOTOR COMPANY

P.O. BOX 788 10 EAST CATAWBA ST. PHONE TA 5-5319

BELMONT, N. C.

COMPLIMENTS OF **FRIENDS**

PLEASE

PATRONIZE

OUR

ADVERTISERS

JIM WILSON AUTO SERVICE RAMBLER DEALER
GASTONIA, N. C. 306 NO. MARIETTA ST.

ROBERT F. CALDWELL INSURANCE AGENCY
247 E. MAIN AVE. UN 4-2618 GASTONIA, N. C.

ROYAL SODA SHOP
MC ADENVILLE, N. C. VA 4-9144

GASTON SERVICE CO. 204 NO. CHESTER
GASTONIA, N. C. UN 5-1451

KIT CARSON'S SPEED WASH-COIN OP. LAUNDRY
1310 E. FRANKLIN AVE. GASTONIA, N. C.

MOSS REXALL DRUGS 1051 W. FRANKLIN AVE.
PHONE UN 7-9611 GASTONIA, N. C.

L. AND L. MOTORS 208 N. MAIN
TA 5-2309 BELMONT, N. C.

SELLERS TEXACO SERVICE
BELMONT MC ADENVILLE BELMONT, N. C. TA 5-2051

DR. GEORGE MINTICH 21 E. WOODROW AVE.
BELMONT, N. C. TA 5-8674

OSTWALT'S LUNCH BOX
MAIN ST. BELMONT, N. C.

NELLE'S
BELMONT, N. C. TA 5-2754

MICKEY'S BEAUTY SHOP WRIGHT ARCADE
BELMONT, N. C. TA 5-8706

ROBINSON DRUG STORE
BELMONT, N. C. TA 5-5351

SCHOOL SPECIALTIES COMPANY
BELMONT, N. C. P. O. BOX 187

OZARK PUDDING (Continued)

Add sugar to eggs and beat with a rotary egg beater until creamy. Stir in other ingredients and mix. Pour this mixture into a well greased 10 inch pie pan and bake at 350 degrees for 35 minutes or until set. Decorate with nuts and serve warm or cold with whipped cream or ice cream.

APPLE DUMPLINGS Mrs. James E. Ray

Pie Crust:

3 c. sifted enriched flour
1 1/2 tsp. salt
1 c. plus 2 Tbsp. Crisco
6 Tbsp. water

Mix flour and salt in large mixing bowl. Cut Crisco into flour with pastry blended until mixture is uniform and fine. Pour water by spoonfuls over mixture, then mix with a fork until mixture forms a ball. Roll out on well floured board until you have a 12 inch by 18 inch rectangle. Cut this with a pastry cutter into six 6" squares.

Dumplings:

6 small to medium baking apples
Dark brown sugar
Butter
Cinnamon
Lemon flavoring

Peel and core apples. Fill cavity with 1 heaping teaspoon brown sugar, 1 small piece of butter, sprinkle with cinnamon, and add 1 drop lemon flavoring.

Place 1 apple in the center of each 6 inch square of pastry. Fold corners to center sealing well. Place in 9 x 13" baking pan. Brush each dumpling with egg white and bake 10 minutes at 450 degrees then lower temperature to 350 degrees. Bake until crust is bolden brown and very crisp.

Lemon Sauce:

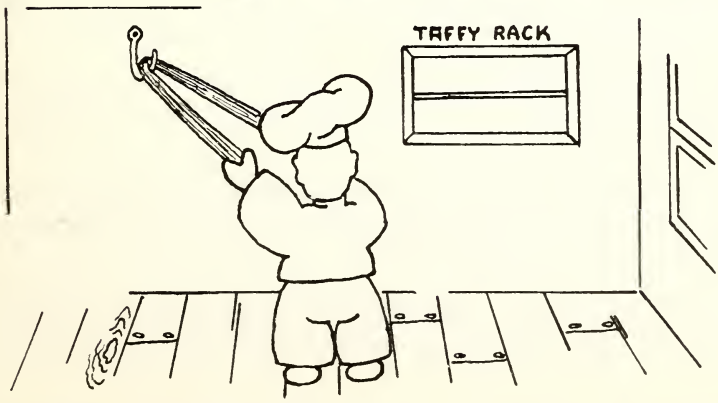
Serve dumplings with this sauce:

1/2 stick butter
1 c. confectioners sugar
3/4 c. milk

Heat slowly until it begins to simmer then add 1 tablespoon corn starch to 1/4 cup water. Stir constantly until mixture begins to thicken. Add 1 teaspoon lemon flavoring. Stir well. Cover and set aside to pour over dumpling at serving time.

Write Extra Recipes Here:

CANDY JELLY PRESERVES



TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer and the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	THERMOMETER	COLD WATER
Fondant, Fudge	234-238°	Soft Ball
Divinity, Caramels	245-248°	Firm Ball
Taffy	265-270°	Hard Ball
Butter Scotch	275-280°	Light Crack
Peanut Brittle	285-290°	Hard Crack
Caramelized Sugar	310-321°	Caramelized

In using the coldwater test use a fresh cupful of cold water for each test. When testing remove the candy from the fire and pour about 1/2 tsp. into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the soft ball test the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the firm ball test the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from the water.

In the hard ball test the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the test for light crack--candy will form brittle threads which will soften on removal from the water.

Hard crack candy will form brittle threads in the water which will remain brittle after being removed from the water.

In caramelizing the sugar first melts then becomes a golden brown. Will form a hard brittle ball in cold water.

PECAN PRALINES

Betty Gowens

1 c. granulated sugar
1/2 c. light cream
1 tsp. vanilla
1 c. light brown sugar (packed)
1/2 stick butter
Pinch soda
1 to 2 c. pecan meats, halves if possible

Mix sugar, milk and soda thoroughly and cook over medium heat until small amount tested in cold water forms small ball. Add butter and return to heat until butter had melted. Remove from heat, add vanilla, and beat until mixture begins to thicken. Add pecans, mix thoroughly and drop in thin patties onto waxed paper or foil. Yields 20 to 24 pralines.

CHOCOLATE PECAN FUDGE

Mrs. E. S. Nichols

4 c. extra fine granulated sugar
4 Tbsp. cocoa
3 Tbsp. white Karo syrup
3/4 c. milk
1/2 stick butter
1 c. pecan meats

Put sugar in heavy saucepan. Add cocoa, then milk. Add Karo and stir well. Scrape sugar from sides of saucepan and put over medium heat. Bring to boil, then switch to low heat. Do not stir. Boil until it forms a soft ball in cold water. Remove from heat. Drop in butter and sprinkle in a little salt. Do not stir. Set in container of cold water for 15 or 20 minutes. Beat until very thick. Add nut meats. Beat until almost ready to harden. Pour into buttered platter. Cut into squares and store in tin box. Do not make in damp weather.

PEAR PRESERVES

Mrs. Ora Trotter

7 lb. sugar
9 lb. pears
Cloves to taste

Peal and core pears. Cut into quarters. Put in enamel pan and pour sugar over them. Let stand overnight. Add cloves and stir well next morning. Cook until pears are tender. Take them out as they get tender and drain in collander. When pears are all out, cook juice down to desired thickness. Put pears back in juice. Seal in warm jars.

ROSY CANDY APPLE DIP

Mrs. Leslie Thompson

8 meium sized red apples
8 wooden sticks
2 c. sugar
2/3 c. light corn syrup
1 c. water
Few drops red food coloring
2 sticks cinnamon

Wash apples; dry. Remove stems and insert wooden sticks firmly in stem ends.

Stir sugar, corn syrup, and water together in a medium sized saucepan until sugar almost dissolves. Add enough food coloring to color syrup bright red; add cinnamon sticks. Cover, bring slowly to boil. Remove cover, boil rapidly, without stirring until one teaspoonful of the syrup threads when dropped in cold water - 300 degrees on candy thermometer. During cooking wipe innersides of pan often with wet cheesecloth wrapped around a fork to remove any crystals that may form.

Remove from heat; tip saucepan; dip apples, whirling in syrup until covered. Let any extra syrup on apples drain back into saucepan. Work quickly, placing saucepan over low heat or boiling water if necessary to keep syrup thin enough to coat apples easily. Save extra syrup to stick on decorations. Place coated apples, sticks up, on lightly buttered cookie sheet to harden. Decorate if desired.

Write Extra Recipes Here:

BEVERAGES AND MISCELLANEOUS

SPOT AND STAIN REMOVAL

BLOOD: Fresh blood stains are set by hot water. To remove from washable material soak in cold water for 30 minutes, then launder. If traces still remain use chlorine bleach. On old stains use iodide of Potassium diluted in four times its own weight. On non-washable materials sponge with cold water or a mild solution of soap.

INK: On washable materials the article may be dipped in melted tallow and when stain has been absorbed the tallow may be removed in boiling soap-suds.

LIPSTICK: On washable materials launder in hot soapy water and remove any stain remaining with a chlorine bleach. On non-washable materials apply carbon tetrachloride with a saturated cloth and press a blotter on the stain. Repeat this process till the stain disappears.

MERCUROCHROME: Launder washable materials in hot soapy water and remove any remaining stain with a chlorine bleach. Mercurochrome is very difficult to remove from non-washable materials. Take it to your cleaner and tell him what the stain is.

GRASS: Rub spot on washable materials with heavy soap suds and remove any remaining stain with chlorine or hydrogen peroxide bleach. Sponge grass stain on non-washable material with wood alcohol.

CHEWING GUM: On all fabrics moisten with carbon tetrachloride and scrape off with a dull knife.

FRUIT: Stretch washable materials over a bowl and pour boiling water through the stain. Use chlorine bleach if necessary. On non-washable materials use an equal mixture of ammonia and alcohol to loosen, then brush with alcohol till stain is removed.

COFFEE FOR FORTY

Mrs. Blanch Abernathy

One pound regular grind coffee in cheesecloth or muslin bag which is large enough to hold twice that amount to allow for circulation. Drop bag into two gallon of boiling water. Cover tightly and reduce heat, let stand six to ten minutes. Remove bag, keep coffee hot for serving.

CHERRY PUNCH

Mrs. K. R. Gaither

1 pkg. cherry flavored gelatin
1 pt. hot water
4 Tbsp. sugar
1/8 tsp. salt
3 c. water
6 Tbsp. lemon juice
1/2 bottle ginger ale

Dissolve gelatin in hot water. Add sugar and salt and stir until dissolved. Add water, lemon juice, and ginger ale. Pour over ice. Serves 6.

LIME PUNCH

Mrs. Dwight Dellinger

2 pkgs. lime jello
1 qt. boiling water
1 large can pineapple juice
12 lemons
2 c. sugar

Add boiling water to jello. Add sugar. Cool. Add other ingredients, then add enough water to make 1 gallon and 1 pint. Add ginger ale. Also, sherbet, if desired.

RUSSIAN TEA

Mrs. Dwight Dellinger

1 gal. tea, sweetened to taste
1 Tbsp. allspice and cloves
12 lemons

Heat all spice in water. Strain. Squeeze lemons, and add with spices to tea. Strain and strain again for clearness. Serve hot.

CHEESE LOAF

Carol Weeks

1/2 c. evaporated milk
1 c. cracker crumbs or corn flakes
1 1/2 tsp. salt
1 tsp. dry mustard
Dash pepper
1 egg
1 lb. lean ground beef
1 medium onion, chopped
2 Tbsp. catsup
1 c. grated cheese

CHEESE LOAF (Continued)

Combine milk, egg, crumbs, beef, salt, onion, mustard, catsup and pepper. Chill 1 hour. Line a loaf pan with heavy wax paper. Place half of meat loaf in pan. Put 1/2 cup cheese over this. Add remaining meat loaf. Bake in moderate oven, 350 degrees, about 1 hour. Allow to stand ten minutes before removing from pan. Sprinkle remaining 1/2 cup cheese over loaf. Makes 4 to 6 servings.

RAISIN SANDWICH FILLING — Merle Costner

1 c. sugar
1 egg
Juice of 1 1/2 lemons
1/2 stick margarine

Cook above ingredients until thick. Add one box raisins, 1 package chopped pecans and 1/2 pint mayonnaise. Store in refrigerator.

PIMIENTO CHEESE SANDWICH SPREAD — Susie Vaughn

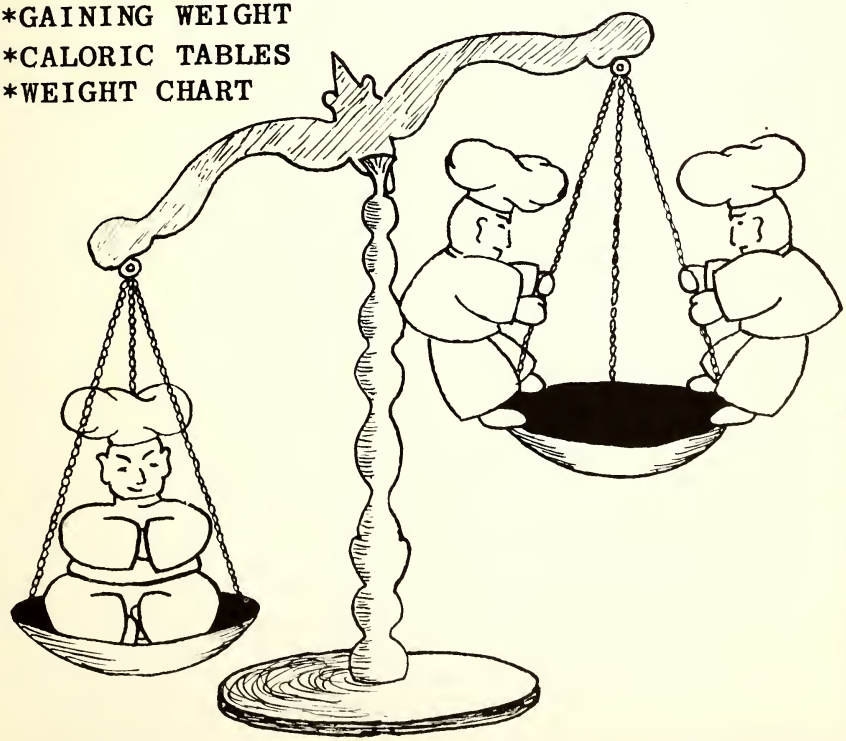
2 lb. pasteurized process cheese
3 or 4 boiled eggs
1 can pimiento, 7 oz., use juice also
4 Tbsp. mayonnaise
2 Tbsp. sugar
1/4 tsp. salt
1/4 c. evaporated milk

Grind in food chopper, cheese, pimiento, and boiled eggs. Add other ingredients and mix thoroughly.

Write an Extra Recipe Here:

WEIGHT CONTROL

*REDUCING DIETS
*GAINING WEIGHT
*CALORIC TABLES
*WEIGHT CHART



All material in this section was submitted by Dr. James D. Orr, P.T., Dietitian and Physio-Therapist of the Gateway Health Institute, Kansas City, Missouri.

Before using any diet we recommend that you consult your physician.

EIGHTEEN DAY REDUCING DIET

BREAKFAST: In this diet the same breakfast is used every day and consists of:
1/2 Grapefruit, Melba Toast, Coffee

NOTE: Melba toast is dry bread toasted without butter.

LUNCH	DINNER
FIRST DAY:	
1/2 Grapefruit	2 Eggs
1 Egg	1 Tomato
6 Slices Cucumber	1/2 Head Lettuce
1 Slice Melba Toast	1/2 Grapefruit
Tea or Coffee	Coffee
SECOND DAY:	
1 Orange	1 Small Broiled Steak, PLAIN
1 Egg	1/2 Head Lettuce
1 Slice Melba Toast	1 Tomato
1/2 Head Lettuce	1/2 Grapefruit
Tea	Tea or Coffee
THIRD DAY:	
1/2 Grapefruit	1 Lamb Chop Lean, PLAIN
1 Egg	1 Egg
8 Slices Cucumber	3 Radishes
Tea or Coffee	1/2 Grapefruit
	Tea or Coffee
FOURTH DAY:	
1 Tomato	1/2 Grapefruit
1/2 Grapefruit	Water Cress
1 Slice Melba Toast	1 Small Broiled Steak, PLAIN
Cottage Cheese	Coffee
Tea	
FIFTH DAY:	
1 Orange	1/2 Grapefruit
1 Lamb Chop Lean, PLAIN	1 Tomato
1/2 Head Lettuce	2 Eggs
Tea	1/2 Head Lettuce
	Tea
SIXTH DAY:	
1 Egg	1 Poached Egg
1 Orange	1 Slice Melba Toast
Tea	1 Orange
	Tea
SEVENTH DAY:	
1/2 Grapefruit	1 Lamb Chop
1 Egg	6 Slices Cucumber
1/2 Head Lettuce	2 Olives
1 Tomato	1 Tomato
2 Olives	Tea or Coffee
EIGHTH DAY:	
1 Broiled Lamb Chop, LEAN	1 Egg, 1 serving Spinach, PLAIN
1/2 Head Lettuce	1/2 Grapefruit
1/2 Grapefruit - Coffee	1 Slice Melba Toast - Tea

EIGHTEEN DAY REDUCING DIET

LUNCH		DINNER
	NINTH DAY:	
1 Egg 1 Tomato 1/2 Grapefruit Tea		Any Meat Salad
	TENTH DAY:	
1/2 Grapefruit 1 Lamb Chop, PLAIN 1/2 Head Lettuce Tea		1/2 Grapefruit 1 Lamb Chop, PLAIN 1/2 Head Lettuce Tea
	ELEVENTH DAY:	
1 Slice Cinnamon Toast Tea		1 Small Broiled Steak, PLAIN 1 Stalk Celery 1 Tomato 2 Olives Tea
	TWELFTH DAY:	
1/2 Lobster 2 Crackers 1/2 Grapefruit Tea		1 Broiled Steak, PLAIN Cole Slaw 1 Tomato 1 Orange
	THIRTEENTH DAY:	
1 Egg 1 Slice Melba Toast 1/2 Grapefruit		1/2 Grapefruit 1 Small Broiled Steak 1/2 Head Lettuce 1 Stalk Celery Coffee
	FOURTEENTH DAY:	
1 Egg 1 Tomato 1/2 Grapefruit 1 Slice Melba Toast		1 Lamb Chop, PLAIN 1/2 Tablespoonful Catsup 1 Slice Melba Toast 1/2 Grapefruit
	FIFTEENTH DAY:	
1 Egg 1 Slice Melba Toast 1/2 Grapefruit Coffee		1 Small Broiled Steak, PLAIN 1 Small Portion Spinach, PLAIN 1 Orange Tea
	SIXTEENTH DAY:	
1 Egg 1 Tomato 1/2 Grapefruit Coffee		1 Small White Fish, BROILED 1 Small Portion Spinach, PLAIN 1 Orange Tea
	SEVENTEENTH DAY:	
1 Lamb Chop, PLAIN 1/2 Head Lettuce 1/2 Grapefruit Tea		1 Small Broiled Steak, PLAIN 1 Tomato 1 Stalk Celery Coffee

EIGHTEEN DAY REDUCING DIET

LUNCH	DINNER
EIGHTEENTH DAY:	
1 Chicken Leg, BROILED	1/2 can Pink Salmon
1 Tomato	1 Serving Spinach, PLAIN
1/2 Grapefruit	1/2 Grapefruit
1 Glass Lemonade - NO SUGAR	Coffee

NOTE: You may substitute fish or the white meat of chicken any time for the lamb. If you have not lost the desired weight you will repeat until you have lost the weight you wish. This diet takes the weight off slowly, but you do not become flabby. Oranges may be substituted for grapefruit.

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

FOR THE BENEFIT OF THOSE WHO ARE UNABLE TO EAT AT HOME

MONDAY

BREAKFAST	Calories
Orange Juice	90
1 Slice Buttered Toast	75
Tea or Coffee, Black	0
LUNCH	
Ham Sandwich with Lettuce	200
Ice Cream	200
Tea or Coffee, Black	0
DINNER	
Vegetable Soup	80
Hamburger on a bun	200
Ice Cream	200
Tea or Coffee, Black	0
Total	1,045

TUESDAY

BREAKFAST	
1/2 Grapefruit	75
1 Sweet Roll	125
Tea or Coffee, Black	0
LUNCH	
Tomato Soup	100
1 Bran Muffin	85
Ice Cream	200
DINNER	
Chicken Soup	70
Egg and Lettuce Salad, Russian Dressing	100
1 Slice Buttered Toast	75
Ice Cream	200
Tea or Coffee, Black	0
Total	1,030

WEDNESDAY

BREAKFAST	Calories
Grapefruit Juice	70
1 Bran Muffin	85
Tea or Coffee, Black	0
LUNCH	
Chicken Sandwich	170
Ice Cream	200
Tea or Coffee, Black	0
DINNER	
Tomato Juice	50
Sirloin Steak-3 in. square	200
Baked Potato	100
1 Pat of Butter	100
Ice Cream	200
Tea or Coffee, Black	0
Total	1,175

THURSDAY

BREAKFAST	
Orange Juice	90
1 Slice Buttered Toast	75
Tea or Coffee, Black	0
LUNCH	
Egg Salad Sandwich with Russian Dressing	160
Ice Cream	200
Tea or Coffee, Black	0
DINNER	
Tomato Juice	50
Hamburger on a bun	200
Vegetable	50
Ice Cream	200
Tea or Coffee, Black	0
Total	1,025

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

FRIDAY

	Calories
BREAKFAST	
1/2 Grapefruit	75
1 Slice Buttered Toast	75
Tea or Coffee, Black	0
LUNCH	
Salmon Salad Sandwich	200
Ice Cream	200
Tea or Coffee, Black	0
DINNER	
Tomato Juice	50
2 Scrambled Eggs	160
1 Slice Buttered Toast	75
Ice Cream	200
Tea or Coffee, Black	0
Total	1,035

SATURDAY

BREAKFAST	
Orange Juice	90
1 Bran Muffin	85
Tea or Coffee, Black	0
LUNCH	
Bacon & Tomato Sandwich	225
Ice Cream	200
Tea or Coffee, Black	0
DINNER	
Vegetable Soup	80
Frankfurter on bun	200
Cole Slaw	75
Ice Cream	200
Tea or Coffee, Black	0
Total	1,155

SUNDAY

BREAKFAST	
1/2 Grapefruit	75
1 Sweet Roll	125
Tea or Coffee, Black	0
LUNCH	
1 Boiled Egg	70
1 Slice Buttered Toast	75
Ice Cream	200
Tea or Coffee, Black	0
DINNER	
Fruit Cocktail	125
Chicken, 1 Slice White	65
Gravy	40
Peas	65
Mashed Potatoes	120
Ice Cream	200
Tea or Coffee, Black	0
Total	1,160

NOTE: Instead of having butter or rich mayonnaise spread on a sandwich, you may order ketchup, mustard or pickle relish, all of which have practically no caloric value. Russian dressing is mayonnaise combined with chili sauce to an extent which is less fattening. No sugar to be used in any beverage.

BODY BUILDING AND WEIGHT GAINING DIET

FOR THOSE UNDERWEIGHT OR SUFFERING FROM MALNUTRITION

GENERAL INSTRUCTIONS

Avoid sweet foods such as fruit cocktails, sweet salads, or sweetened fruit juice at the beginning of the meal, since they blunt the appetite. These foods should preferably be given at the end of the meal.

Highly spiced foods and extremely fatty foods are not recommended in the beginning.

The caloric intake of the diet should be increased by midmorning, midafternoon or bedtime lunches of fruit juices, milk or milk drinks and crackers.

Portions should be made fairly large.

Instead of ordinary cane sugar, lactose should be used, since a much larger quantity of this substance can be used in a dish as a sweetening. Honey may be substituted.

Rest periods are desirable after meals. Avoid all emotional disturbances during meals and take at least some outdoor exercise daily.

BODY BUILDING AND WEIGHT GAINING DIET

Light tea and coffee are permissible.

THE DIET SHOULD CONTAIN AT LEAST THE FOLLOWING DIETARY ESSENTIALS:

At least one pint of milk, preferably more. This milk may be given as a drink, or may be used in junket or chocolate pudding.

At least two servings of vegetables, one of which shall be a raw leafy vegetable. One serving of rice, noodles, macaroni or potatoes is to be included every day.

One serving of meat or two eggs per day, preferably both.

Fruit: Two servings of fresh fruit per day.

Breads and cereals: At least four slices of whole wheat bread, and one serving of whole wheat cereal should be used every day.

Desserts, preferably those made with milk, junket, and chocolate pudding should be included twice every day.

In addition it is wise to include several multi-vitamin capsules per day, even though the diet is sound according to the "vitamineral yardstick."

HIGH CALORIE DIET

NOTE: In the following High Calorie Diet all foods must be eaten whether you have an appetite or not.

BREAKFAST

Fruit:	Choice of the following: One half grapefruit, one sliced orange, one medium sliced peach, baked apple, three stewed figs, or four to six stewed prunes.
Cereal:	One cup of farina type cereal, with cream and sugar, or oatmeal or whole wheat cereal or one shredded wheat biscuit with cream and sugar. White or whole wheat toast with butter or jam.
Egg:	Soft boiled, poached, or scrambled egg.
Beverage:	Light tea or coffee, cocoa, milk or chocolate.
10:30 A. M.	Egg nog, malted milk, hot chocolate, or cocoa.

LUNCH

Soup:	Choice of: One cup cream of spinach soup, asparagus soup, or tomato soup.
Salad:	Choice of: One serving of combination salad, one serving of mixed vegetable salad, or salmon salad. To this should be added one tablespoonful of butter, and one tablespoonful of mayonnaise.
Bread:	White or whole wheat toast, melba toast, bran or whole wheat muffin.
Dessert:	Choice of: Chocolate pudding, bread pudding, tapioca pudding, or any flavor of gelatine. Raw fruit is especially good.
Beverage:	Light tea or coffee, cocoa, milk or chocolate.
3:00 P. M.	Milk, (hot or cold), cocoa, malted milk.

DINNER

Meat:	Choice of: Generous serving of baked chicken, two lamb chops, or medium serving of roast beef or beef tongue, medium serving of roast lamb or steak.

HIGH CALORIE DIET

Vegetables:	Choice of the following combinations: One cup of carrots and two brown potatoes. Two medium boiled potatoes, and one cup of squash. One cup mashed potatoes and one half cup cauliflower. One large baked potato and one half cup broccoli.
Salad:	Choice of the following: One serving of lettuce and tomato salad. One serving of watercress and egg salad. One serving of grapefruit salad. The above salads should be taken with mayonnaise.
Beverage:	Light tea or coffee, cocoa, malted milk.
Dessert:	Choice of the following: Fruit cup, chocolate pudding, prunewhip, custard, junket or gelatine dessert, or a piece of plain cake. Raw fruit is especially good.

WEIGHT CHART

WOMEN Weight in Pounds (with reg. clothes)				MEN Weight in Pounds (with reg. clothes)			
20-24	25-29	30 and over	HEIGHT with shoes on)	20-24	25-29	30 and over	HEIGHT with shoes on)
113	116	119	4' 11"	....	....	....	4' 11"
115	118	121	5' 0"	119	124	127	5' 0"
117	120	123	5' 1"	121	126	129	5' 1"
120	122	125	5' 2"	124	128	131	5' 2"
123	125	128	5' 3"	127	131	134	5' 3"
126	129	132	5' 4"	131	134	137	5' 4"
129	132	136	5' 5"	135	138	141	5' 5"
133	136	140	5' 6"	139	142	145	5' 6"
137	140	144	5' 7"	142	146	149	5' 7"
141	144	148	5' 8"	146	150	154	5' 8"
145	148	152	5' 9"	150	154	158	5' 9"
149	152	155	5' 10"	154	158	163	5' 10"
153	155	158	5' 11"	158	163	168	5' 11"
157	159	162	6' 0"	163	169	174	6' 0"
....	....	....	6' 1"	168	175	180	6' 1"

THIS COOK BOOK MAKES A PERFECT

GIFT FOR ALL OCCASIONS.

GET A SUPPLY NOW.

CALORIC CHART

NOTE: Unless amount of food is otherwise specified the measurement is for a standard plate serving.

FOODS	CALORIES
BEVERAGES	
Cocoa, 1 cup	160
Coffee	0
Buttermilk, 1 cup	85
Milk, sweet, whole, 1 cup	165
Tea	0
BREAD	
Biscuits, baking powder, 2	100
Bran muffins, 2	100
Corn Bread	200
Cracked Wheat Bread, 1 slice	55
Rye Bread, 1 slice	75
White Bread, 1 slice	60
DESSERTS	
Angel food cake	150
Apple pie	200
Baked custard, 1	125
Bread pudding	200
Chocolate Cake	400
Gingerbread	200
Ice Cream, vanilla	200
Strawberry shortcake	300
FISH	
Fried	210
Boiled or steamed	100 - 185
Oysters, half-fry (6)	80
Salmon, canned	110
Tuna, canned	125
MEAT	
Bacon, 3 strips, regular fry	175
Beef, roast, lean	100
Beef, roast, fat	340
Frankfurter, 1	150
Ham, smoked, medium fat	400
Liver	120
Pork Chop, 1	200
Spareribs	330

CALORIC CHART

FOODS	MISCELLANEOUS	CALORIES
Butter, 1 pat		110
Jelly, 1 tablespoon		107
Jam, 1 tablespoon		132
Macaroni and cheese		160
Omelet, 1 egg		130
Spaghetti and meat sauce		290
Spanish rice		155
Sugar, 1 teaspoon		20
Whipped cream, 1 level tablespoon		35
	VEGETABLES	
Asparagus		15
Beans, green		35
Beans, Limas		130
Beets		45
Carrots		45
Cauliflower		30
Corn		100
Peas, canned		65
Peas, green		100
Potato, sweet, 1		200
Potato, baked, 1		100
Potatoes, creamed		100
Potatoes, fried		100
Spinach		20
Tomato, 1		25
Turnips		35

THIS COOK BOOK MAKES A PERFECT

GIFT FOR ALL OCCASIONS.

GET A SUPPLY NOW.

PATRONIZE

MERCHANTS

ADVERTISED

IN THIS BOOK

BELMONT SAVINGS & LOAN ASSOCIATION

126 NORTH MAIN ST.

A SAVINGS INSTITUTION SINCE 1915

BELMONT, N. C. TA 5-8428

GASTONIA GLIDDEN PAINT CENTER

705 EAST FRANKLIN AVENUE, GASTONIA, N. C.

PHONE UN 4-3966

PLEASE PATRONIZE OUR ADVERTISERS

INDEX OF RECIPES

Page

HORS D'OEUVRES, PICKLES, RELISHES

Cucumber Rings 1
Green Tomato Pickles. 1
Pepper Relish 1
Chow-Chow 1
Sweet Pickles 2
Bread and Butter Pickles 2

SOUPS, SALADS, VEGETABLES

Coca Cola Salad 3
Cole Slaw Dressing 3
Cranberry Salad 3
Golden Glow Salad 3
Green Salad 4
Ham and Potato Salad 4
Vegetable Salad. 4
Pineapple Cheese Salad 4
Yale Beets. 4
Sweet Potatoes Nut Burgus. . . . 5
Grated Raw Sweet Potato Pudding 5
Belgian Potatoes 5
Sweet Potato Pudding 6

MEAT, FISH, POULTRY

Barbecue Ribs 7
Carrot and Celery Dressing . . . 7
Steamed Barbecued Spare-Ribs. . 7
Pepper Steak 7
Meat Loaf - Hunt Style 8
Meat and Cabbage Balls 8
Meat and Cornbread Casserole. . 9
Barbecue Sauce 9
Southern Ham or Pork Pie. . . . 9
Stuffed Steak 10
Barbecued Chicken 10
Chicken Chow Mein 10
Tuna Macaroni Bake 11
Tuna Casserole. 11
Spaghetti Sauce. 11
Barbecue Sauce 12

Page
Spaghetti Sauce 12
Goulash 12
Spoonburger 12

BREAD, ROLLS, PASTRY

Buttermilk Biscuits 13
Griddle Cake 13
Pecan Pie 13
Light as a Feather Muffins 14
Chess Tarts 14
Pineapple Tarts 14
Coconut Pie Filling 14
Refrigerator Rolls 15
Karo Pecan Pie 15
Egg Pie 15
Lemon Pie 15
Challenge Lemon Pie 16
Cream Pie 16
Pecan Pie 17
Egg Custard Pie 17
Never Fail Meringue 17
Chocolate Pie 17
Coconut Pie 18
Pineapple Icebox Pie 18

CAKES AND COOKIES

Icebox Cake 19
Caramel Icing (Never Fail) 19
Velvet Cake 19
War Cake 19
Graham Cracker Cake 20
Strawberry Cake 20
Harriet Nelson's Cream Cheese
Cake 21
Never-Fail Chocolate Cake 21
Moist Pound Cake 22
Graham Cracker Cake 22
Chocolate Pound Cake 22
Buttermilk Chocolate Cake 23
Light Fruit Cake 23
Mrs. Costner's Pound Cake 24
Orange Fruit Cake 24
Chocolate Nut Drops 24
Lovelight Yellow 2-Egg Chiffon Cake 25

Page

Icebox Cake 25
Banana Spice Cake with Broiled Frosting. 25
Special Devil Food Cake 26
Sugar Cookies 26
Pecan Dreams. 27
Plain Cookies 27
Cookies. 27

DESSERTS

Jiffy Cobbler 29
Chocolate Pudding 29
Banana Pudding 29
Apple Crunch 29
Nutty Fingers 30
Jelly Roll 30
Ozark Pudding 30
Apple Dumplings. 31

CANDY, JELLY, PRESERVES

Pecan Pralines 33
Chocolate Pecan Fudge 33
Pear Preserves 33
Rosy Candy Apple Dip 34

BEVERAGES AND MISCELLANEOUS

Coffee for Forty. 35
Cherry Punch 35
Lime Punch. 35
Russian Tea 35
Cheese Loaf. 35
Raisin Sandwich Filling. 36
Pimiento Cheese Sandwich Spread 36

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

PATRONIZE

MERCHANTS

ADVERTISED

IN THIS BOOK

Write extra Recipes here

Write extra Recipes here

"Surprise Package"

Here is a collection of recipes sure to show you ways to bring tastier, more delightful dishes to your family's table!

What is more, it will show you how to do this often with a saving to your grocery bill.

But that is not all. This fascinating offer reveals time-saving kitchen secrets of America's leading experts . . . brings you closely-guarded personal recipes handed down from one generation of renowned cooks to another.

Now—here is the most important part; if you act now, you can receive this "Surprise Package" of three complete books for the price of one! A $3.00 value for only $1.00!

THIS OFFER GOOD FOR A LIMITED TIME ONLY. AVAILABLE BY USING ORDER FORM ON NEXT PAGE . . .

See next page FOR DETAILS

$3. value for only $1

A TREASURY OF PERSONAL RECIPES NOT ADVERTISED TO THE GENERAL PUBLIC

ORDER TODAY!

"SURPRISE PACKAGE" CONSISTS OF FILE COPIES OF ACTUAL PERSONALIZED COOKBOOKS PUBLISHED FOR OTHER ORGANIZATIONS THROUGHOUT THE UNITED STATES. THREE COPIES, ALL DIFFERENT, ARE INCLUDED IN EACH SURPRISE PACKAGE, EACH COPY OF WHICH SOLD ORIGINALLY FOR ONE DOLLAR OR MORE. EACH COPY WILL BE FROM A DIFFERENT STATE OF OUR CHOICE.

HERE'S YOUR CHANCE TO LEARN NEW COOKING SECRETS ....TO DISCOVER NEW PLEASURES IN COOKING

MAIL YOUR DOLLAR TODAY.

TO BEVERLY ROLLAND,
BEV-RON PUBLISHING CO.
2556 MCGEE TRAFFICWAY,
KANSAS CITY, MO.

DEAR BEVERLY:

PLEASE SEND ME THE "SURPRISE PACKAGE" OF THREE DIFFERENT PERSONALIZED COOKBOOKS, EACH FROM A DIFFERENT STATE. I WILL PAY THE POSTMAN ONE DOLLAR, PLUS POSTAGE, WHEN I RECEIVE THE BOOKS. (NOTE-IF YOU ENCLOSE ONE DOLLAR, YOU WILL RECEIVE THE BOOKS POSTPAID).

NAME _____ ADDRESS _____

CITY _____ STATE _____

SUNRISE DAIRY

GRADE A

PASTEURIZED DAIRY PRODUCTS

509 West Franklin Avenue **UN 7-6354**

GASTONIA, NORTH CAROLINA

MARY CARTER'S PAINT

BUY 1 GALLON — GET 1 FREE

225 E. Main St. **Gastonia, N. C.** **UN 5-1706**

Patronize Merchants

Advertised In This Book

CRAMERTON DRUG CO.

Store Hours - Monday Through Saturday - 8 A. M. to 8:30 P. M.
Sundays - 1:30 P. M. to 6. P M.

FREE PRESCRIPTION DELIVERY

NIGHT PHONE UN 4-1154

JIM KISER

CRAMERTON, N. C. **PHONE VA 4-2521**

PATRONIZE

MERCHANTS

ADVERTISED

IN THIS BOOK